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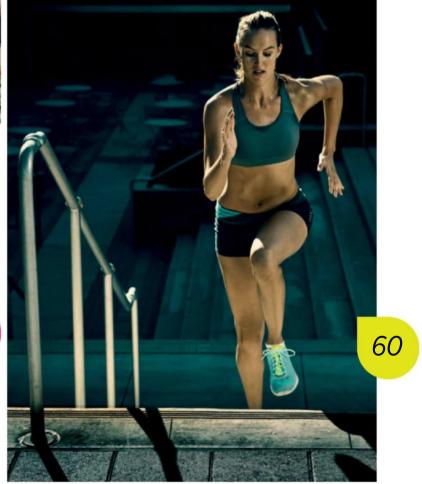
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#### **ORBIS**



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## YULING'S PHOTO WONG WEI LIANG

### Strength in numbers

uess what? Shape Run turns 10 this year! We can't believe it's been that long. Since its launch in 2006, the run has spurred many women to lace up.

I still remember my first *Shape* Run in 2009. New to the editorial team, I was tasked with interviewing participants after the race. As I surveyed the crowd for willing targets, I spotted an elderly woman queuing for a massage. She smiled when I approached. The 74-yearold told me it was her virgin Shape Run, and her first 5km race - and she was proud that she went the distance without stopping.

Women like her prove that age is just a number, and it should never stop you from doing whatever you desire. I don't know about you, but I feel most motivated to exercise when I have company. It makes sweating more fun.

This month, we're also proud to bring you a special workout by Kayla Itsines on pg 64. Haven't heard of her? She's a 24-year-old Australian personal trainer with a huge - the 3 million kind of huge! - following on Instagram. Her account, @Kayla Itsines, is filled with inspiring before-and-after pictures of women who have transformed their bodies by following her workouts.

The secret to Kayla and her clients' success stories? Community. Kayla's fans – #KaylasArmy – cheer each other on as they progress on their journey to a leaner, stronger body.

So, go on and rally the women in your life to get fit together. It's a great way to bond - and there's always maken afterwards.

See you at *Shape* Run on July 26!



LI YULING **EDITOR** (liyuling@sph.com.sg)



**GET A NEW BATHING SUIT** It is hot take a dip to cool down. We've rounded up the prettiest swim things on pg 47.





TELL YOUR MAN... To stop stealing your toothbrush and towel! It's icky. Plus he can spread an infection to you. For more dirty habits he should drop, turn to pg 42.

Shape

recommends

TRY A NEW TOPPING Love toast? Skip vour spread and

try these with your

bread (pg 86).



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Try Kinki Restaurant's lunch delivery service (12-3pm) on weekdays. Order at www.kinki.com.sg/order.

We were blown away by this new entry to The Marmalade Pantry's menu: Lobster Barley Risotto (\$32).





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#### In the July issue...



Pg 22 More photos from our dance workout party!





Pg 82 Discover hidden sugar in local dishes.



Pg 88 More about healthy grains.

## Shape Shape Life EIND BALANCE EVERY DAY!



There's new science behind the accuracy of instinct. Here, three occasions to trust your gut.

#### **GETTING SERIOUS WITH A GUY**

Newlyweds who had negative gut reactions to a spouse's photo were more likely to be unhappy in the relationship four years later, according to research in the journal Science. Before making a major decision like moving in together, Dr Judith Orloff, who wrote Dr. Judith Orloff's Guide to Intuitive Healing: Five Steps to Physical, Emotional and Sexual Wellness, suggests asking yourself "Does this feel right?" to save you heartache later on.

#### **CALLING OUT A LIAR**

Your intuition is a more reliable gauge than reading body language, say University of California researchers. For instance, if your first reaction is to accept a co-worker's excuse about a head cold making him late on your joint project, go for it - even if he seems a bit fidgety.

#### **PINPOINTING A HEALTH ISSUE**

You know your body more intimately than anyone else. If you feel like something's up for no specific reason, don't let a doctor brush you off, says Dr Orloff. She also advises heeding those urges to take it easy at the gym. They may be your inner voice signalling that you need to take a break.



Yes, dog owners over 65 tend to act 10 years

younger than their biological age because of their pooches. They are also 12 per cent more active than those who don't have pets. SOURCE PREVENTIVE MEDICINE

Bridge the gap

The best way to get to meet and know a person better is to crack a joke. Making him or her laugh is key to getting them to open up, says research published Human Nature.

In the study involving 112 students from Oxford University in the UK, researchers had different groups of participants watch a 10-minute video of a comedy routine, golf instructions, or a nature excerpt. Each student then had to write a note to a fellow student introducing themselves.

Those in the comedy group tended to subconsciously reveal more private information than those who watched the other videos. Study authors think that laughing triggers the release of endorphins and this encourages people to share more intimately.





#### **SOCIAL MEDIA SHOW-OFF**

Enough with the #humblebrag posts already! Nobody needs or wants to see how great your new car is, say researchers from Carnegie Mellon University in the US. "Most people tend to experience emotions other than pure joy when on the receiving end of someone else's self-promotion. Yet, when we engage in this ourselves, we also tend to overestimate others' positive reactions and underestimate their negative ones," says Irene Scopelliti, the study's lead author.

## A case for the quickie

#### IT'S LIBERATING, BUILDS INTIMACY, AND CAN DELIVER SOME VERY **POWERFUL PLEASURE. GOT FIVE MINUTES?**

- START OFF THINKING SEXY Even if you only have a few minutes to mentally prime yourself, remember your last amazing session, or imagine the frenzied, hot intensity you're about to experience - whatever it takes. "Getting your brain in the mood really preps your body when you're spending less time on physical foreplay," says US-based sex educator Emily Nagoski, author of Come As You Are.
- CUTTO THE CHASE Racing against the clock is not the time to figure out the logistics of some crazy new position, notes Emily. She suggests opting for tried-and-true moves you know will do the trick - fast.
- BE SELFISH More clitoral stimulation equals more bliss for most women and it's easier to orgasm when you're in charge of that, Emily says. Position yourself so your clitoris rubs against his pubic bone, or use your (or his) hands or a vibrator to touch yourself.
- LET GOOOOO Climaxing is easier when you're not feeling stressed, says Emily. Don't think about performance or what your face looks like, or whether he's enjoying himself (and he is). Quickies are messy and unbridled. That's what makes them so thrilling.

#### **HOT HAPPENINGS**

#### Visual treats Make time for one of these performances coming your way.



#### **COUNTRY**

Co-produced by Wild Rice Singapore

and Malaysia, this play explores the relationship between the two countries since separating in 1965. It also looks at their history and culture.

WHEN June 25-July 11 **WHERE Drama Centre Theatre** HOW MUCH From \$40 MORE INFO www.wildrice.com.sg/ productions/165-another-country



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WHEN July 16-17 WHERE The Star Theatre, The Star Performing Arts Centre

HOW MUCH From \$35 MORE INFO www.disneyonclassic.sg



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WHEN July 3-12 **WHERE Esplanade Theatre** 

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WHY YOU NEED **A PERSONAL** MISSION STATEM

It defines what you value most and drives you to achieve the individual goals that lead to a happier, more purposeful life.

f someone asked you to name your goals, you would probably have no problem rattling off a quick list: do more yoga, lose three kilos, stop wasting money...

What's harder to identify are the reasons you set these goals in the first place. Understanding why you want to achieve them is what will truly motivate you to change your behaviour and sustain it over the long term, says Jack Groppel, co-founder of the Johnson & Johnson Human Performance Institute in the US.

That's where the personal mission statement comes in. Put simply, it's a declaration of the values that ground you. That statement becomes a force to help guide you and keep your ambitions focused and identifiable. "Knowing your purpose is

the single greatest driver of engagement," explains Jack, who helps clients craft mission statements. "It's what encourages you to grow as much as you possibly can and fuels you to push forward when you suffer a setback." Think of it as your grand plan, a North Star that dictates your decisions and behaviour.

Here's how to create your own statement - and lean on it to achieve success.

#### Map out your mission

Start by jotting down the principles that matter most to you, like enjoying every moment of your life, feeling strong and undefeatable, having a circle of friends you adore, or being completely comfortable with who you are. Jack says that these are the things that will inspire you to make changes and stick with them.

Then come up with a sentence that incorporates these ideals and sums up your ultimate purpose, such as "I want to live a passionate, engaged life in which I face new challenges bravely and positively." That's your mission statement. To help you internalise it, write it down in attractive lettering, snap a picture of it with your mobile, and use it as your phone's screen saver.



#### Look for the holes

Next, think about anything you're doing that goes against your mission. For instance, if you're often plagued by self-doubt, consider what activities make you feel confident – your dance classes, getting together with friends, and so on – and allocate more time to them. You start figuring out a way to overcome an obstacle only when you admit to it.

#### Make it happen

Of course, just having a mission statement isn't going to cause your life to suddenly fall into place. But it will inspire you to tackle the changes you need to make and see them through for the long haul. That's because knowing your ultimate purpose helps you understand the true consequences of your actions, says Jack. In other words, skipping the gym doesn't just mean you'll feel guilty, it also shows that you're not living the active lifestyle you've promised yourself – and that realisation is powerful.

To avoid becoming overwhelmed, tackle one small change every 90 days. Jack says this time frame is crucial. It takes about 45 days to learn a new habit and approximately another 45 for it to become ingrained. So if part of your mission is to meet more people, start by making sure you go out one night a week with a friend or to an event. Once that becomes routine, up the booking. Keep at it, until your mission is accomplished.

#### FIVE KEY QUESTIONS TO ASK YOURSELF

Nailing your mission statement takes some honest thinking. Jack says your answers to these prompts will help you form it.

- I How would I want people to describe me?
- 2 What legacy do I hope to leave?
- **3** What makes me feel happiest or more fulfilled?
- Why do these things matter to me?
- **5** How do I define success?





OVER 400 WOMEN SHOWED OFF THEIR BEST MOVES AT OUR SECOND DANCE WORKOUT PARTY AT ZOUK AND PHUTURF.



#### BY ESTELLE LOW PHOTOGRAPHY WONG WEI LIANG

ouk and Phuture became dance clubs of a different kind on the evening of May 15. Instead of wearing club clothes, women - from theirs 20s to 50s - clad in workout gear started streaming in from as early as 6pm. Everyone was excited to be part of Shape Glow 2015 - the magazine's second annual dance workout party.

Led by Amore Fitness instructors, this year's routine comprised 45 minutes of Bellyblitz, a belly dance and aerobics routine, followed by 60 minutes of zumba. Before the sweat session began, participants had fun taking group shots at Reebok's photo booth while sipping on Coco Life, a refreshing coconut water. Many also bought new Reebok gear at an exclusive 20 per cent discount for that night only.

At 7.30pm, drum beats announced the arrival of Tricia Tan, Ingelica Lee, Nur Farasha and Gina Tan on stage. The crowd gamely followed the early subtler moves of Bellyblitz, which involved snake arms, shoulder shimmies and hip circles. As the choreography got more challenging, everybody was sweating and laughing as they tried to keep up.

When it was time for zumba, everyone - including Team Shape - was already charged with adrenalin, and ready for instructors Jesseca Tan, Bernardo Caimoy and Bartholomew Tan. We all pumped our arms and wiggled our hips in sync with hot Latin and pop tunes. In fact, when Taylor Swift's Shake It Off came on, there were a lot whoops in the house!

Shape Glow ended on a high note. We're glad garticipants were so stoked about the great time they had and loved their goodie bags that were worth more than \$174 each. Surprises included a one-week gym pass to Amore Fitness, Amore Boutique Spa and Reebok vouchers, snacks, personal care products - and a year's subscription to Shape magazine.









Charmaine Yee, Kiss92FM DJ, was host for the night.









#### **Event**



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#### TIP #5 Take a Break

In any exercise routine, recovery days are crucial to prevent injury. Just like any muscle in our body, when we exercise the eye muscles, we need to let them rest.

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Enjoy DUO Rewards life membership for free. Members get to participate in workshops and exclusive contests to win tickets to special events. Log on to www.DUORewards.com for more information. Carnival exclusive: Sign up for membership at the DUO Rewards booth and receive a special gift. Offer while stocks last.



#### **ORBIS**

Check out ORBIS' waterresistant Sunscreen Shower Orange Floral SPF50/ PA++++ spray, as well as UV Cut Sunscreen On Face Super Light SPF34/PA+++ that absorbs excessive perspiration and sebum. Carnival exclusive: Have a go at the Japanese "Gara-Gara" Lottery counter to win prizes with any \$20 spent on promotional items. Offer while stocks last.



#### **SKECHERS**

A global leader in the high performance and lifestyle footwear industry, SKECHERS carries innovative designs for men, women and children. Check out the latest GOrun Strada series with an enhanced neutral shoe for long runs, fast tempo and every kilometre in between at the carnival.

Carnival exclusive: Get a special SG50 \$50 discount when you purchase selected GOrun Ride 4 series footwear and any SKECHERS top and shorts. Also enjoy 20 per cent off SKECHERS' dynamic performance series of footwear and apparel at the booth.

#### 2XU

Used by world champions, endorsed by sports institutions worldwide, and praised by professional athletes from all disciplines, 2XU is said to be the world's most technically advanced performance sports brand.

**Carnival exclusive:** Pay just \$97 (UP \$139) for your 2XU Compression Shorts at the booth. Offer while stocks last.





#### **FITNESS FIRST**

FITNESS FIRST is a premium health club and fitness centre with 17 clubs in Singapore.

Carnival exclusive: Sign up as a member and get 10 days' membership fee waived. Offer valid for the Lifestyle Passport with Bodyfirst or Signature membership. Administrative fees as well as other terms and

conditions apply.



#### **AIBI**

Create a beautiful body with the AIBI Balance Chair Cuvilady from Japan. Its swinging action is meant to help whittle your waist.

Carnival exclusive: Present this page at the AIBI booth to buy the Balance Chair Cuvilady at \$150 (UP \$219).



#### COMPRESSPORT

COMPRESSPORT products are medical-grade and 100 per cent European-made. The apparel is said to boost exercise performance, and keep blood as well as oxygen circulation steady to prevent muscle pain and cramps.

**Carnival exclusive:** Present this page at the COMPRESSPORT booth to enjoy 30 to 50 per cent off all sportswear.



Carnival exclusive: The first 100 per day to visit the TOUCHE ELITE booth will each receive over \$70 worth of exciting freebies! These include a professionally shot Insta photo card and a luxurious strawberry hand therapy. Plus, receive a special gift when you purchase a signature face or body treatment. Terms and conditions apply.



#### **LACTACYD**

This global feminine hygiene specialist is dedicated to innovating intimate care products to support women at different stages of life. **Carnival exclusive:** Visit the LACTACYD booth to enjoy discounts and promotional offers on its feminine hygiene products, including paying just \$9.90 (UP \$12.80) for a LACTACYD Travel Pack (4 x 60ml bottles of feminine washes, and five All-Day Care wipes). Plus, enjoy freebies, including lingerie bags, with each purchase. Offers while stocks last.



#### SOFY

The new SOFY Extra Dry Skin Comfort napkins with a revolutionary Extra Dry Sheet is gentle on sensitive skin. It reduces skin contact and absorbs menstrual

blood in the bottom of the napkin, so skin stays dry and comfortable. SOFY Extra Dry Skin Comfort napkins come in different types and lengths to cater to day and nighttime needs.



#### **TRUE FITNESS**

Visit the TRUE FITNESS booth to activate your complimentary gym pass found in your race pack or sign up for a club tour.

Carnival exclusive: The first 100 runners per day to activate their guest pass will receive a free gift. Offer while stocks last. Other terms and conditions apply.



#### H-TWO-O

Did you get your H-TWO-O yet? This refreshing isotonic drink effectively replenishes your body with the fluids, minerals and electrolytes lost during sports activities to keep you in top form. **Carnival exclusive:** Get a free can of H-TWO-O wet wipes with \$5 spent or an exclusive H-TWO-O towel with \$8 spent. Offers while stocks last.



## newline E

#### **ZEN'YU**

Check out
Danish brand
Newline's sports
fashion range
of affordable,
lightweight and
comfortable
gear at the
ZEN'YU booth.

Carnival exclusive: Receive a pair of 1000 Mile socks, guaranteed to prevent blisters, when you spend a minimum of \$150 nett at the booth. Offer while stocks last.



DATE JULY 26, SUNDAY VENUE KALLANG PRACTICE TRACK TIME 6AM

Singapore's first all-women's run is back – with more categories this year! Challenge yourself with the new 15km race or join the Family Run.

CATEGORY	PAST RUNNER		<b>EARLY BIRD</b> Until June 19		STANDARD June 20-26	
	Individual	Buddies (two people)	Individual	Buddies (two people)	Individual	Buddies (two people)
NEW! 15KM	\$49	\$89	\$59	\$99	\$65	\$119
10КМ	\$45	\$79	\$49	\$89	\$59	\$99
5KM	\$35	\$59	\$39	\$69	\$49	\$79
NEW! 1.8KM Family Fun Run (two/three/four people)			\$39/\$59/\$78		\$49/\$69/\$88	

Other terms and conditions apply. See www.shape.com.sg/shaperun for details.

Organiser:

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# SHAPE Presented by Presented by SINGAPORE

### Race Pack & Runner's Kit

Collection will be from July 3-5, 11am-8.30pm at Raffles City Shopping Centre Atrium, Level 3

Just for you!

#### Each finisher receives:

- Skechers racerback tank top worth \$59
- Orbis Finisher's tank top
- Orbis UV Cut Sunscreen On Face Light SPF34/PA+++ (28ml) worth \$15
- Runner's bib with time chip
- Runner's guide
- Shape Bag
- Finisher's Medal
- Finisher's certificate (for competitive categories only; soft copy)
- Aibi \$20 gift voucher
- Acuvue Contact Lens discount voucher
- Brand's InnerShine Berry Essence
- Compressport discount voucher
- Fitness First 3-day pass worth \$75
- H-Two-O Original Isotonic Drink (500ml)
- Lactacyd Feminine Wash sample pack
- Sofy Extra Dry Sanitary Napkin
- Touche Elite voucher worth \$110
- True Fitness 10-day pass worth \$110
- Ulti Trim Nutritional Diet Shake sachet (assorted flavours)

Plus other goodies from our sponsors

Items may vary from those shown here.

Follow Shape Singapore on Facebook for event updates!



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TEXT DAWN CHEN PHOTO EMELY/CORBIS



aggressively or have somehow triggered a chronic injury, and need a fix for your back pain, you should know this: Acetaminophen, better known by its brand name Tylenol, isn't any more effective than placebos at easing aches, according to a recent study in The Lancet. Try these med-free, scienceproven remedies instead.

STRETCH IT OUT Women who did an hour of yoga three times a week had a 66 per cent reduction in aches after 12 weeks, while those who did nothing had a 16 per cent increase in pain, South Korean researchers reported.

Yoga boosts the body's production of neurotrophic factors, a family of proteins that helps block damaged nerves from sending pain signals to the brain.

**LOOK TOWARDS THE LIGHT** Bright-light therapy, used for seasonal affective disorder (a type of depression related to changes in seasons), remedies back pain as well, according to a new study in Pain Medicine.

Light exposure - from the sun or a light box - influences levels of serotonin and melatonin, hormones that regulate pain management. The study-prescribed dose is a half hour of 5,000-lux light, which is about half the strength of indirect midday sunlight, three times a week.

**PRESS THIS TRIGGER POINT Massaging** your ears to ease back pain sounds out there, but it works. Those who stimulated pressure points on their outer ear for three minutes three times a day experienced a 75 per cent reduction in pain intensity after four weeks, according to a study by the University of Pittsburgh in the US. Where exactly? Just above the hollow of your ear, where the cartilage begins to fold.

Walking, not sitting, an extra two minutes each hour reduces your risk of dying by 33 per cent.

SOURCE UNIVERSITY OF UTAH HEALTH SCIENCES

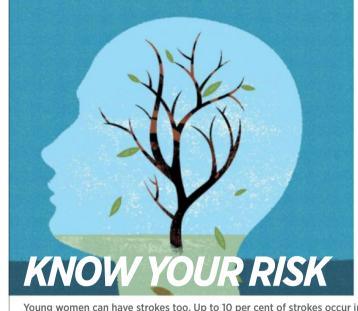


Push the fingers of one hand back against their natural bend, then examine the lines on that palm. Are they red, brown, or whitish? If whitish, you may have anaemia, which affects about 20 per cent of all women, says American physician, author, and broadcaster Dr Ronald Hoffman. Iron produces the red blood cells that carry oxygen throughout your body, he says. When you don't have enough, your circulation slows, leading to pallor in your palms, nail beds and inside lower eyelids. A simple blood test at your doctor's office can confirm if you have anaemia, and if you need iron supplements.



"I consider conversations with people to be mind exercises, but I don't want to pull a muscle, so I stretch a lot. That's why I'm constantly either rolling my eyes or yawning."

JAROD KINTZ, AMERICAN AUTHOR





Get the exact support you need with 3M Futuro Custom Dial Compression Supports (\$34.90-55.90, Guardian). This new range of wrist, elbow and knee supports features adjustable straps to toggle the pressure and compression level to suit your need. It's also made of a lightweight, moisture-wicking material for day-long comfort.

Young women can have strokes too. Up to 10 per cent of strokes occur in people aged 45 or younger, yet nearly three in four women are unfamiliar with the most common symptoms, according to the US National Stroke Association (NSA). What's more, the longer it takes to get help, the more arduous the recovery can be. According to a study in the journal Stroke, each minute treatment is delayed adds 1.8 days of disability. Waiting just an hour, for example, can lead to more than three and a half months of recuperation. To help identify signs, Dr Ji Chong, director of the Stroke Center at New York-Presbyterian Lower Manhattan Hospital in the US recommends the mnemonic BE FAST:

**BALANCE IS LOST** Are you having trouble walking in a straight line?

**EYES BLUR** Take note of sudden vision changes, like blurriness, double vision, or blindness.

**FACE DROOPING** Smile, then look for asymmetry, drooping or crookedness.

ARM WEAKNESS Raise both arms. Does one drift back down?

**SPEECH DIFFICULTY** Repeat this simple sentence: "The sky is blue." Are you hard to understand or speaking incorrectly?

TIME TO CALL 995 One or more of these symptoms, call 995 immediately.

#### FOUR WAYS TO FIGHT INFLAMMATION

At the very least, a chronically fired up immune system saps energy and tanks your mood. At worst, it ups your risk for issues like heart disease and cancer. These smart strategies will help.

Inflammation is good for you in small doses. If you get a cut, for example, swelling slows blood loss and calls bacteria-fighting white blood cells to the injury site. Problems occur when stress, junk food, lack of exercise, or a lingering illness trigger constant lowlevel inflammation.

This makes blood stickier and thickens the artery walls, increasing your likelihood of cardiovascular disease, heart attacks, and stroke, as well as type-2 diabetes and cancer. The good news is that these simple habits can minimise inflammation and the resulting harm.

Reinforce your gut Ingesting probiotics (good bacteria that fight infection) results in fewer signs of inflammation in the heart, found a recent study presented in Nutrition Review. Your goal: Every day, eat at least one serving of probiotic-rich

options such as yogurt, pickles or kimchi, or kombucha tea.

**Eat more greens** A mostly plant-based, whole-food diet will minimise inflammation. Plus, it doesn't hurt to bump up your protection with antiinflammatory superstars like vitamin E (up to 1,200 IU daily) and quercetin (1,500 to 1,800 mg daily), a flavonol found in many fruits and vegetables.

**Be sociable** Hanging out and laughing with close friends and family is a proven antiinflammatory, according to researchers from the University of North Carolina at Chapel Hill in the US. Try to have at least one meaningful social interaction (as in, take the time to have a conversation with a friend or plan a lunch date) every single day.

#### Flexercise

The gentle movements of yoga, stretching, and walking ease inflammation by reducing stress. Just 10 to 15 minutes daily will make a real impact.









Get gorgeous and Insta-worthy with four photoready looks - no digital enhancements needed.



















# It's your turn to Insta-wow

Look your best in photos – and in real life – with Estée Lauder. Join us at this exclusive beauty event so you can pick up tips for makeup, skincare and even fashion, for your best-ever profile pic. Plus, receive exclusive gifts, shop for beauty treats and stand to win prizes.

Dates:
July 7-12, 2015
Time:
10am-9.30pm
Venue:
Paragon (Atrium, Level 1)



Scan this QR code or visit http://campaign.herworldplus.com/esteelauder/registration to register for your makeover and a workshop.



# GET YOUR #NOFILTERLOOKS

# **Makeovers**

- Every hour from 10am-7pm
- Choose one of the four #NoFilterLooks created by Estée Lauder makeup artists. Includes professional hairstyling and a professionally taken photograph of your look.
- Registration cost: \$80 (fully redeemable for Estée Lauder products at the event)

### **Workshops**

- Learn how to recreate one of the four #NoFilterLooks at the hands-on workshops.
- Get styling tips from Her World's fashion editor, lan Lee, to complement your new look (selected days only).
- Meet your favourite bloggers, who will be making special appearances (selected days only).
- Registration cost: \$80 (fully redeemable for Estée Lauder products at the event)

# **EARLY-BIRD SPECIAL**

Register before **July 5, 2015**, to receive an exclusive five-piece gift set worth \$98.



# SPECIAL INSTA-TREATS Gifts with Purchase

- Receive an eight-piece gift set when you spend \$200 or more.
- Top up to \$250 to receive a complimentary bag in addition.
- Top up to \$300 to receive an additional three-piece gift set.

# **Metro Cardmembers' Special**

The first 100 cardmembers to spend more than \$200 will also receive a Nutritious Rosy Prism Radiant CC Crème SPF20/PA+ (5ml).

### Win!

Post a selfie of your makeover on Instagram during the event, and you could win prizes! Remember to include the hashtag #NoFilterLooks as well as the hashtag for one of the four looks – #EsteeLauderBeachGlow, #EsteeLauderKpop, #EsteeLauderAutoEnhanced or #EsteeLauderRedCarpetEnvy.

Want to know more? Visit http://campaign.herworldplus.com/esteelauder for makeover time slots, workshop schedules, details on fashion editor/blogger appearances, exclusive blogger reviews and event updates.



# **BEWARE THIS** WEIGHT-GAINTRAP

Hidden carbohydrates lurking in your food could be your diet downfall, says nutrition scientist David Plourde. He explains how to know what vou're really eating.

ou're trying to be smart about vour diet. You're exercising. But for some reason, the scale isn't budging, or the weight refuses to come off as fast as you'd like. "A weightloss problem means there's a problem in your fat cells," explains nutrition scientist and exercise physiologist David Plourde, founder of The Plourde Institute in the US.

In his interdisciplinary, science-based weight-loss programme, he helps people increase the activity of hormone-sensitive lipase, an enzyme that breaks down fat. Once their cells can release fat, the extra kilos start to disappear.

One way he does this is by putting his patients on a high-fibre diet free of added sugars and simple starches, such as white flour, since the body burns sugar for fuel before burning fat.

However, if you try to restrict your total carb intake on your own, it can be tricky. So many foods you'd never imagined to have carbs are secretly loaded with these diet wreckers. You don't know you're consuming them, so the scale remains stuck.

A study David conducted bears this out, revealing that when people know where carbohydrates lurk, they can avoid them

and lose body fat. In the study, he divided 308 overweight people, all on a high-protein, moderate-fat diet, into three groups. The first received no guidance on how to avoid secret carb sources, while the second had limited information. The third group was given detailed instructions on how to steer clear of hidden sugars and starches. Armed with the most info, the third group lost 71 per cent of their body-fat mass - almost 50 per cent more than the group left in the dark.

So how can you avoid sneaky carb sources? Firstly, scan ingredient lists for words like "modified starch" and "maltodextrin" (which means it's made from starch). Also, take a closer look at what is in foods you wouldn't normally think of as having carbs, like chicken - if you see the word "product", it's a clue that the chicken is fortified with starch - and regular as well as diet beverages, pre-separated egg whites, and even medications.

Or go by this smart rule: Eat simple food with only a few, if any, added ingredients. "If the list of ingredients is a paragraph long, you don't need a Ph.D. in chemistry to know that you're probably getting some hidden carbohydrates," says David. For more info, visit www.plourdeinstitute.com.

# EXERCISE, DIETING OR SLIMMING PILLS DOESN'T SEEM TO WORK? DO YOU HAVE THE FOLLOWING PROBLEMS OR CONCERNS?

Unable to lose weight

A bulgy tummy that is hard to get rid or flatten

Feeling congested/bloated after meals

High cholesterol or sugar level

High visceral or body fat

Feeling lethargy

# 3 Weeks "H-system" Repair Program

For both men and women, a healthy "H"-system would efficiently regulate the intake and removal of fats from your body.

However, when it is weakened or in a malfunction state, it is unable to function effectively and thus, resulting in weight gain.

Your body is therefore aging at a faster rate as your metabolism decreases extensively. This deterioration is usually caused by an unhealthy lifestyle, accumulation of toxins, eating habits, hormonal change and lack of sufficient rest.

When you gain weight, your body grow new fat cells and they remain in you even when you have lost some flabs later. Therefore, your body is prone to "rebounce" with a "yo-yo" cycle. Toxins accumulated from chemic al-based supplements, medications and processed food are retained in the body as our body is unable to digest them naturally.

This would usually resulted in a congested or damaged "H"-system and lead to accumulation of visceral fats. If your body has an unhealthy level of visceral fat you may tend to gain weight easily as your body fat is unable to pass through your organs. This is also the reason as to why you can't seem to lose weight.

This 3-week program is designed to repair your "H"- system which is responsible in breaking down your body fats, metabolic-rate and aging process of the body. It would help to re-balance your sugar and cholesterol levels. Also, it would convert your stored fats into energy resulting in an average weight loss of up to 6kg. It is suitable for people who have tried all slimming approaches but to no avail with lasting results. With the use of natural liquid herbal blends, H-system Repair Program is user friendly to all individuals including one who is on medications and even lactating mommies.

Detoxify your body and lose your body fats with no rebound. Reset your metabolic-rate and regain overall health and wellness.

# SUITABLE FOR ONE WHO WANTS TO ACHIEVE:

- Up to 6kg of weight loss\*
- Reduce your body and visceral fats
- Regulates your cholesterol and hypertension level
- Better absorption of nutrients
- Jumpstart your metabolic rate
- Improve sluggish digestive system
- Promote better sleep
- Balance your hormones level
- Elimination of fat cells
- Rebalance your sugar level
- Improve vitality
- Detoxify your body







I was stuck with my weight and nothing works for me then. I was easily tired and feeling lethargic all the time. It seems like all my sleeps are not helping. After my 10 weeks of BodyReveso follow-through program, I lost 29kgs. It changed my life completely! I never thought I could put on my old clothes which I have 7 years ago and feel so good now. When I went back to the slimming centres and finish up my sessions which I have previously bought, the results were so much better and they helped me to lose another 5kgs! I am living a new chapter of life which I never thought possible.

# BODY DETOX WAVE-LENGTH TRIAL SESSION @ \$32

Unclogging toxins and waste in our body system

· Improving your quality of sleep

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Monday to Friday 11.30am to 8.30pm,

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11.30am to 3.00pm.

Closed on Sun & PH.



Live Healthy



Get your best sleep ever by tailoring vour snooze habits to your needs.

t's time to rethink our idea of a healthy night's sleep. It's not about when, where, or even how much mattress time you get. In fact, obsessing over these factors can backfire, turning what's supposed to be the most restful thing you do into one of the most stressful.

Instead, recent research reveals that the most important thing to know is what healthy sleep strategies work best for your body to renew energy and reset your mood. Learn the latest science-backed techniques to ensure you get your deepest and healthiest rest yet every night.

# Eight hours is good bút six may be better.

Despite conventional wisdom, women who sleep between five and seven-and-a-half hours a night live longer than those who get eight, according to a study in the journal Sleep Medicine.

In fact, too much sleep can make you feel as groggy as getting too little, notes US-based sleep expert Dr Daniel Kripke, emeritus professor of psychiatry at the University of California San Diego in the US.

How do you determine if you're sleeping enough? Check 30 minutes to an hour postrising to see if you feel awake and alert. Yes, it takes that long to get your brain and body going, says Michael Grandner, member of the Center for Sleep and Circadian Neurobiology in the US.

Once you find your sweet spot, stick with it as much as you can. But Michael points out that snoozing any less than five hours even for just one night - can impair decision making, slow reaction time, and (worse yet)

leave you so addled that you don't even recognise how exhausted you are. After such a restless night, he recommends avoiding long drives, complex projects, and big decisions until you can get some restorative rest.

# You must respect your sleep schedule.

Many so-called insomniacs may actually be night owls trying in vain to adopt early-bird habits. "Everyone has a relatively unique biological fingerprint of sleep," explains Dr Robert Thomas, associate professor of sleep medicine at Harvard Medical School in the US.

"Your body is wired to shut down during a specific period of time. If your built-in bedtime is 11.30pm, then you won't be able to drift off at 10pm, no matter how tired you are." Rather than overriding your innate inclinations, embrace them.

If you're a night owl, try to find ways to sleep in by showering at night instead of the morning, and not scheduling events first



thing. If you're an early bird, take advantage of less crowded gyms in the morning.

Even consider asking your boss about tweaking your work schedule. Adjusting your start and leave times by just 30 minutes can be a game changer for productivity, says David Brown, a sleep psychologist at the Children's Medical Center of Dallas in the US.

# Napping may be a godsend or it could do you in.

The afternoon power nap has achieved widespread approval, with companies like Google even offering on-site nap pods (quiet spots where employees can recharge). But for some, midday dozing leaves them feeling groggy and screws with their nighttime routine.

Since the cult of nap is so forceful, you might even fear you're missing something - or doing it wrong. But your ability to nap is pre-programmed, David says. Instead of a siesta, rev your energy by taking a quick walk or talking with a friend.

# Know that there will be an afternoon slump.

That daily mid-afternoon energy drop does not - repeat, does not - mean you haven't slept well enough. It simply means you're human, given that the circadian alerting signal responsible for wakefulness naturally dips in the late afternoon - and takes your pep along with it, says David.

Rather than seeking a caffeine fix when your energy flags, take a break from mentally challenging to-dos and focus on creative tasks. You should be better at innovative thinking when you're feeling a bit fatigued, according to a study published in the journnal Thinking and Reasoning. Then, just ride it out.

# Mid-night waking is normal (annoying, but normal).

Everybody's been there: You wake up at 3am. can't go back to sleep, and start downward spiralling with an insomnia self-diagnosis. But this wee-hour waking is just as natural as the afternoon slump. In one classic study by the National Institute of Mental Health in the US. people who spent 14 hours a night in a dark room for four weeks - in an effort to reset their sleep patterns - began waking once a night, though they slept more overall.

Back in the pre-industrial days, David says people passed this time in bed or out, reading, writing, doing light housework, or having sex. All these activities are still fair game - as is TV, but stick to more formulaic, sleepinducing fare (that is, not Game of Thrones). Your alertness shouldn't last more than 30 minutes (or occur more than once or twice each night). If you don't panic, you'll fall back to sleep easily.

# ARE YOU HEADED **FOR A SLEEP DIVORCE?**

Living with someone doesn't automatically mean your snooze styles mesh. Save your sleep and relationship - with these simple strategies.

## IF HE'S A NIGHT OWL AND YOU'RE AN EARLY BIRD

Consider investing in wireless headphones. While he's up, he can watch TV or listen to music without disturbing you. Relegate noisier morning activities - like doing your hair and makeup or getting dressed to another room.

## IF HIS TOSSING AND **TURNING WAKES YOU**

An upgrade in bed size might help - say, from queen to king - but if space is tight, consider a memory foam mattress or pad, which absorbs motions so they won't affect you. If he hogs the covers, using separate blankets can also limit disruptions.

## IF HIS SNORING WAKES YOU

Earplugs can offer relief. Throw them out after each use (to limit bacterial growth), and opt for ones labelled NRR 33, which block snoring sounds but not clock or smoke alarms. Or try a white-noise machine. And get him tested for sleep apnoea!

That's how much the sleep quality of adults snoozing in a lavender-scented room improved. Before turning in, try spritzing your sheets with a fragrant linen spray.

SOURCE UNIVERSITY OF SOUTHAMPTON



# SHORTS STORY

Your sportswear choices can impact the health of your lady bits when they cause you to sweat a lot. So, whether you're training for a marathon, making a regular run or heading to a spin class, choose looser, racing shorts to help minimise chafing and allow air to circulate. You also need breathable cotton panties.

# SHOWER POWER

Just as important is good hygiene in the bathroom. Many women still use shower gel, but the pH level of most body washes is unsuitable for the vaginal area, which has a relatively more acidic pH level. A body wash could cause dryness, irritation or infection.

Usually, only a feminine wash can help prevent dryness, irritation or potential infections. And Lactacyd is a brand that quickly comes to mind to remedy the above. Its feminine washes contain milk essences such as lactic acid and lactoserum.

Together with other ingredients, they help to maintain the acidic pH of the "V" (Lactacyd's term for your privates), as well as nourish and strengthen surrounding skin.



# The clean team

Whether it's a regular running or gym day, an extra-care day or race day, Lactacyd has an option to keep your "V" fresh and pH-balanced.

### **REGULAR TRAINING**

Runs and workouts can be long and gruelling, or short and sweet. Either way, vou'll want to feel clean and energised afterwards.

Lactacvd solution: Cool & Fresh (\$8.90 for 150ml). It contains non-drying menthol that is meant to keep you feeling minty fresh.

### **EXTRA CARE**

Can you run during your period? Yes, of course. Simply pay extra attention in the clean-up department. Lactacyd solution: Feminine Hygiene (\$12.90 for 250ml). It keeps you feeling fresh, cleansed, confident and

### **RACE DAY**

Whether you're waiting for the race to start or out running, chances are you may have to make a loo stop.

Lactacyd solution: All-Day Care Wipes (\$4.95 for three packs of 10). Great to use in public toilets, they help to keep you clean and fresh. Discreet and compact, you can stash a pack in an armband. pocket or running belt.





# MORE THAN ONE WASH

Lactacyd also carries these other feminine washes for different needs:

- White Intimate to brighten skin darkened by excessive friction due to tight clothing.
- **Revitalize** to help you regain softness and suppleness in the V area.
- Soft & Silky for grooming aftercare.
- All-Day Fresh for all-day play.



Lactacyd Cool & Fresh is available only at Watsons. The rest of the Lactacyd range is available at leading pharmacies and supermarkets. Scan the QR code with your phone or visit www. lactacyd.com.sg for a free sample.

# Is Your Guy Making You Sick?

You love your man, but his hygiene sucks and he isn't exactly a poster child for a healthy lifestyle. Well, get this: His gross habits could be affecting your health, too.

BY SASHA GONZALES

# HIS BAD HABIT:

# He always over-orders at restaurants, or only likes certain foods

Going out with a man who loves food is fun. What's not to like about trying new dishes and restaurants? The problem with your guy, however, is that he always orders too much food when you eat out together, and you always feel obliged to clean your plate.

The consequence over the long term: Weight gain and the problems associated with it, such as an increased risk of diabetes, hypertension and cardiovascular disease.

Susie Rucker, a nutritional therapist at Body With Soul suggests exercising restraint, particularly when you are sharing many dishes. Or, simply insist that he order less. "You may also wish to have something light before leaving the house. That way, you won't arrive at the restaurant half-starved and tempted to order everything on the menu, or eat everything that's in front of you. Pigging out once in a while is okay, but if you and your boyfriend eat like this a few times a week, you have to exert some self-control."

Another way to avoid temptation: Portion out a healthy serving for yourself and ask for the remaining to be packed for takeaway. If your man is a fussy eater, Susie suggests making healthy dishes more visually appealing or substituting unhealthy foods for

For example, instead of fries, make baked sweet potato wedges drizzled with coconut oil, or serve quinoa instead of rice. Boring green salads can also be dressed up with prawns and a variety of coloured and crunchy vegetables (think bell peppers and baby corn).







## HIS BAD HABIT:

# *He snores*

Does your boyfriend keep you up all night with his snoring? Dr Stephen Lee, a specialist in ear, nose and throat surgery, and consultant at Raffles Hospital, says this could have dire effects on your quality of sleep. Inadequate or poor-quality sleep can cause you to become irritable and short-tempered. Your concentration and alertness may also take a hit, and you may have trouble functioning properly at work the next day or even risk getting into a road accident.

Snoring is due to a narrowing of the airway, explains Dr Lee. If the cause can be identified and treated, it is preventable. However, if it is not addressed, it can overlap into a medical condition called obstructive sleep apnoea.

Help your guy stop snoring by helping him uncover the reasons behind the habit. For example, is he overweight? Does he usually go to bed extremely tired? These are just a couple of the possible causes of snoring. If he is overweight, Dr Lee suggests he slim down. Losing weight may not completely cure your boyfriend of his snoring problem, but it can certainly help reduce it.

"He should see a doctor if his snoring is extremely loud, if he feels tired when he wakes up in the morning, if he does not feel fresh after more than seven hours of sleep, if he finds himself dozing off easily or feeling sleepy during the day, or if he suffers from severe snoring along with hypertension or heart disease," adds Dr Lee.

There are many products on the market that claim to help with snoring, but Dr Lee says that these are mostly ineffective. Surgery is one treatment option for snoring or sleep apnoea. This is advisable if your man has tried to address his snoring using the continuous airway pressure method without success, or if he has an obstruction that is causing him to snore, such as big tonsils or adenoids.

### HIS BAD HABIT:

# He has bad road rage and loves to complain

If he constantly curses and swears while in traffic, it's possible for his aggressive behaviour to rub off on you, and even cause you to feel depressed, says Dr Lim Boon Leng, a psychiatrist from Dr BL Lim Centre For Psychological Wellness at Gleneagles Medical Centre. "Even if his anger or aggression is not directed at you, it can make you feel irritated and angry as well, because your emotions become affected by his hostile behaviour."

Exposed to his road rage on a regular basis, you could accumulate tension within yourself and experience a host of negative feelings, even when you are not in the car with him. "You might eventually find yourself in a position where you're always anticipating this kind of stress," says Daniel Koh, a psychologist at Insights Mind Centre.

"You may think: 'I wonder if he'll lash out at me next' or 'I'd better be careful about what I say or do because I don't want to trigger his anger'. You may also experience

anxiety every time you get into the car with him, or even when you're sitting alone in bad traffic, and you may feel powerless to deal with this emotion."

When faced with such a situation with your man, it's important to not react angrily. Dr Lim advises. "Just stay calm and react in a compassionate manner, and maybe your partner will benefit from your relaxed behaviour. Let him vent. In doing so, you will help him cool down.

Don't ask him to chill out because this may make him even more aggressive. Also avoid questions like 'What's wrong with you?' or 'Why do you have to be like that?' By passing judgment on his anger, you are telling him that you're against him, and this may alienate him."

Instead, address his behaviour when your man is calm and preferably not battling traffic. Discuss how his cursing, swearing and angry yelling on the road make you feel, and discuss more positive solutions for him to deal with his

For instance, when he feels like blowing up, he could hold his breath for a few seconds while thinking about a less aggressive way to react. Daniel says you could also refuse to sit in the car with him until he learns to manage his anger, or drive on your own without him. "Set limits, rules and goals, and reinforce positive changes," he explains.

The same goes for if your guy seems to be on a perpetual rant about his job, boss or co-workers. Listening to him whinge for hours on end can dampen your mood and make you feel like an emotional dumping ground.

The best thing you can do is tell him how his constant complaining makes you feel, and then lovingly tell him that he should not take his work issues to heart. Agree to listen to him complain for just five minutes a day - because being there for each other is important in a relationship - and after that, tell him that you're changing the subject for the sake of his as well as your emotional and mental health.

Listening to your guy whinge for hours on end about his job, boss or co-workers can dampen your mood and make you feel like an emotional dumping ground.

# Live Healthy



HIS BAD HABIT:

He doesn't wash his hands

So your guy has a terrible habit of not washing his hands after visiting the loo. Don't let him touch you or prepare food! If he has come into contact with dirty surfaces - which is practically everything in a typical toilet, from the bowl to the door handle - then his hands may have picked up harmful, diseasecarrying microbes from human waste or discharge, and these organisms can find their way onto your skin or into your food.

When he prepares food with his unclean hands, he risks contaminating the food, and this can lead to gastrointestinal problems like diarrhoea. If your man touches his lips with his bacteria-laden fingers and then kisses you, you could become infected - the flu, herpes, and Sars (Severe Acute respiratory Syndrome) are just a handful of infectious diseases you could catch, adds Assoc Prof Lee Yuan Kun from the department of microbiology at Yong Loo Lin School of Medicine, National University of Singapore.

Beware of nail biters too. "Dirt and germs build up underneath the nails, and if your boyfriend bites his nails and then kisses you, he could spread these organisms on to you," says Assoc Prof Lee.

# HIS BAD HABIT:

# He shares your personal hygiene items

Your guy loves shaving himself with your razor and drying himself down with your towel. This is not good for either of you, says Dr Low Chai Ling, dermatologist and medical director at The Sloane Clinic. "When you share razor blades or towels, you risk developing a range of infections, like warts, which are caused by a virus; folliculitis, which looks like

angry, red bumps on the skin and is typically due to staph bacteria; jock itch, which is a fungal infection; and even methicillin-resistant Staphylococcus aureus, an infection caused by a strain of staph bacteria, which can be difficult to treat with antibiotics."

The scary thing is that there needn't even be cuts on your skin for these infections to spread to you. Shaving, for instance, creates microscopic openings in the skin, which allow microorganisms to enter and multiply. And, although they are usually spread by direct contact, the viruses that cause herpes and hepatitis can also linger on razor blades or

in the moist areas between the blades. Your boyfriend could have one of these infections and not know it.

According to Assoc Prof Lee, sharing razors can also spread acne bacteria and ringworm fungus, while sharing towels can transfer anything that has rubbed off your boyfriend's skin, including athlete's foot fungus and the bacteria that cause dandruff.

If he shares your toothbrush, he could be spreading a host of nasty oral bacteria to you, too, such as the kind that can cause tooth decay, bad breath, throat infection, and herpes, says Assoc Prof Lee. 5

MAIN PHOTO JEFF OLSON

SUMMERY COLOURS, PRINTS AND STYL





# **Swimsuit Special**





# TEE OFF WITH HER WORLD

The Her World Golf Challenge is here again – and, for the first time, with a wacky theme to celebrate Her World's 55th anniversary! Round up your girlfriends, wear your wildest hat, and have a crazy good time. Sign up now and receive an attractive goodie bag

worth \$150. You also stand to win fabulous prizes!





Venue: Sentosa Golf Club (Tanjong Course)

Date: July 3, 2015 (Friday)

Time: 11am to 9:30pm

Format of play: Double Peoria

System (Stableford)

Registration fee: \$289

(includes lunch and dinner)

Early-bird fee: \$249

(sign up by June 7, 2015)

**Programme Line-up:** 

11am: Registration

11.15am - 12.45pm: Lunch

1pm: Tee-off

6.30pm - 9.30pm: Dinner and prize presentation





Co-presenter



Official Haircare

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SCULPT YOUR BEST BODY EVER!



# Time to strike a pose

More reason to unroll your mat: New research shows that yoga may be as good for your heart as cardio workouts. A study in the European Journal of Preventive Cardiology found that people who did voga may enjoy the same reduced risk of heart disease and stroke as cyclists and brisk walkers. "This finding is significant, as individuals who cannot or prefer not to perform traditional aerobic exercise might still achieve similar benefits in cardiovascular risk reduction [with yoga]," say the researchers.



# TONE UP AGAINST THE WALL

These creative moves from US-based trainer Nora Tobin require only the support of a wall – making them great go-tos when travelling.

## PUSH-UP

# Works shoulders, triceps, chest, abs and butt

Stand facing wall and place hands on it at shoulder height so arms are fully extended to start. Bend elbows close to sides and lower body until chest grazes wall, then push back to starting position for one rep. Do two or three sets of 12 to 15 reps.

## SITAND CRUNCH

### Works obliques, butt and quads

Stand with back to wall, feet hip-width apart, hands behind head, and elbows bent. Squat to start. Keep arms pressed into wall and slowly lower left elbow towards left ribs. Pause, then return to starting position. Repeat on right side to complete one rep. Do two or three sets of 12 to 15 reps.

# REVERSE WALK

# Works shoulders, chest, abs, butt, quads and hamstrings

Start in plank position with feet pressed firmly into wall. Walk feet up wall as you step hands towards wall. Get as close to the wall as you can, pause and then reverse the move to return to starting position for one rep. Do two or three sets of eight to 10 reps.

### MARCHING BRIDGE

### Works abs, butt and hamstrings

Lie face up with knees bent and feet on wall. Lift hips so body is in straight line from shoulders to knees to start. Pull left knee forward at a 90-degree angle to bring foot off the wall **[shown]**. Pause, then return to starting position and repeat with right leg for one rep. Do two or three sets of eight to 10 reps.

# "If you want something you've never had, you have to do something you've never done."

ASHLEY BORDEN, CELEBRITY TRAINER, VIA TWITTER @ASHLEYBORDEN

# TWO WAYS TO MAKE YOUR RUN EASIER

**TAKE A FIVE-MINUTE BREATHER** If you're struggling to get in the mood for your run, you won't be as speedy, finds a study in *The Journal of Sport & Exercise Psychology*. That's because using willpower (as in, making yourself exercise) before your workout means you won't have as much left in reserve to blast past your comfort zone. A simple way to restore your drive: Sit quietly and focus on your breath for five minutes before your run, says study author Chris Englert.

**LIE TO YOURSELF** Participants in a recent *Plos Biology* study, who were asked to mentally turn down pain (as if turning down a stereo dial) when they touched a hot plate, felt less pain than those who mentally turned up the pain or ignored it. So whether you've blisters or your sports bra starts chafing, tell yourself it doesn't hurt that badly. Even if it does, this helps the sensation feel less intense so you can persevere, says study author Tor Wager.



1 minute

The total intense exercise duration you need to rack up while doing 20-second speed intervals (within an otherwise easy 10-minute run) to improve your overall health and fitness.

SOURCE PLOS ONE



# Sanitary

# Panty



# **Unique Crease Design**

Unique Crease Design pulls panty upward from the crotch to haunch and avoid the fluid leaking from side or back caused by body twisting.



# **Unique Positioning Stripes**

Double positioning stripes are designed specially for sanitary pads, lining has a width of 7cm that fits perfectly to body curves.



# **Breathable Inner Lining**

Crotch special breathable fabric with slim elastic edging on both sides that are breathable and comfortable, easy to wash material.



Available in Guardian and **Cold Storage** 



# **Double Lining, Double Protection**

Double layers crotch are designed specially for sanitary pads with 90° angle wings to avoid them rubbing against tender skin of the thighs.

# Quickie metabolism boost

hirty seconds. That's the sweet spot if you want your interval session to melt fat and slim your waist, finds a new study in the Journal of Applied Physiology. Women who did four to six 30-second sprints - with a four-minute recovery period between each round - three times a week for six weeks lowered their fat mass by eight per cent, and waist circumference by about nine per cent (more than one jeans size). "Other cardio exercises should get you these results too - so long as you work very hard," says study author Tom Hazell. To really maximise fat burning, use some of the rest time to tone up. This routine by US-based trainer Josh Stolz combines 30-second intervals with strengtheners.

# YOUR WORKOUT PLAN

**Workout intensity Hard Total time 20 minutes** Equipment 6kg to 10kg weight Calories burned 245 (based on 66kg woman)

1 After an easy warm-up of jogging in place or jumping jacks, go all out when performing your cardio of choice.

**Duration** 30 seconds / 9-10 RPE\*

2 Do 10 reps of push-ups, squats, lunges or planks. Rest for the remaining time. **Duration** 90 seconds / 3-4 RPE

3 Back to cardio. Go all out again. Duration 30 seconds / 9-10 RPE

4 Do 10 reps of an advanced

version of the move you did in round 1: staggered-hand push-ups, goblet squats, reverse lunges or leg-up planks. Rest for the remaining time.

**Duration** 90 seconds / 5-6 RPE

5 Repeat the third and fourth steps eight times, continuing to go all out for your 30-second cardio intervals. And do a different strength move or variation for each 90-second interval.

Duration 16 minutes / 9-10 and 5-6 RPE

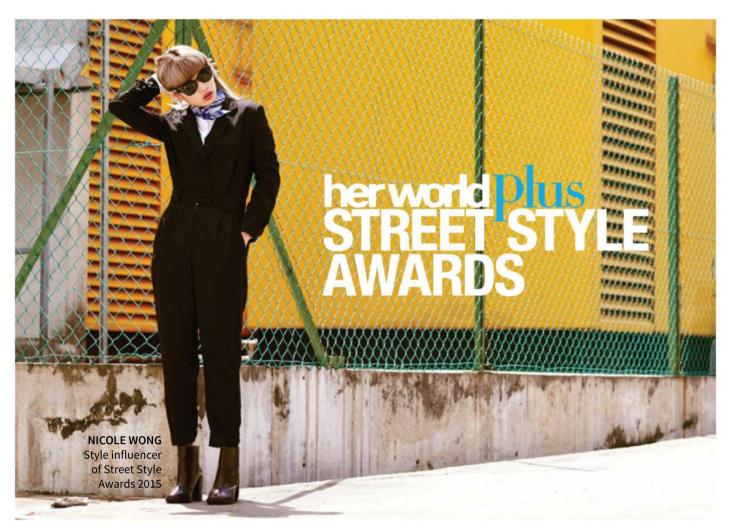
\*Rate of perceived exertion. See www.shape.com.sg/rpe for details.



▲ LEG-UP PLANK Start in forearm plank. Lift right leg off floor and then lower. Switch sides; repeat for one rep. Continue alternating sides.

▶ GOBLET SQUAT Stand with feet wider than hip-width apart and toes out. Hold a weight vertically in front of chest with elbows bent. Squat and hold for one count. Stand for one rep. Repeat.





# THE NEW STREET STYLE STARS OF SINGAPORE

Find out who are the winners of herworldPLUS Street Style Awards 2015 and see what went down behind the scenes!

Get the insider scoop and be inspired by their street style at <a href="http://streetstyleawards.herworldplus.com">http://streetstyleawards.herworldplus.com</a>

















You've lost how much? High-five! It's now more important than ever to make a simple workout change that'll help you shape your new body and keep the kilos off for good.

eight loss boils down to a simple equation: Expend more calories than you take in. With that, eating well and doing cardio is your fast track to success. But when it comes to shaping your body, there's a totally different way to get results - strength training.

"The number on the scale is where you want it, but maybe your butt is still saggy or your tummy not quite taut. Less cardio and more lifting will fix that," says Holly Perkins, a US-based strength and conditioning specialist and founder of www.womensstrengthnation. com, which inspires women to get into the weight room.

So why do less cardio? For one thing, it is catabolic. Too much of it increases production of the stress hormone cortisol. Over time, it slows your metabolism and hinders how your body manages carbs by shuttling them around to be stored as fat. Also, cardio doesn't have much effect on muscles.

Also, when you run, you do engage your butt and legs, but it's not enough to break down the tissue prompting your muscles to become stronger and firmer like weighted squats can. These pointers will get you going in the right direction.

### **NEVER BE AFRAID OF MUSCLE**

You will not bulk up. Holly says, "It's hormonally impossible." Women don't have as much muscle-building testosterone as men do. As a general rule, Holly recommends you lift weights that are heavy enough to allow you to do 12 to 15 perfect reps of any move, but no more.

"The weights you'll be capable of lifting will never trigger big muscle growth," she says. What it will do is make your muscles more metabolically active, which helps you burn more calories.

"This training also causes muscle fibres to swell, so they look toned," says Holly. Dense muscle is tighter than fat, which is why your weight should stay the same even though you may drop a full size.



There are two ways to sculpt: You can do simple, isolated moves targeting one muscle or muscle group at a time - like a biceps curl or leg extension - or you can do bigger, compound movements with different multiple groups at once - like a lunge with a biceps curl or deadlift.

"The long-term goal is to focus on the latter for faster results," says Holly. "When I take clients from simple to compound movements. I see a quick drop in body fat and better muscle shape."

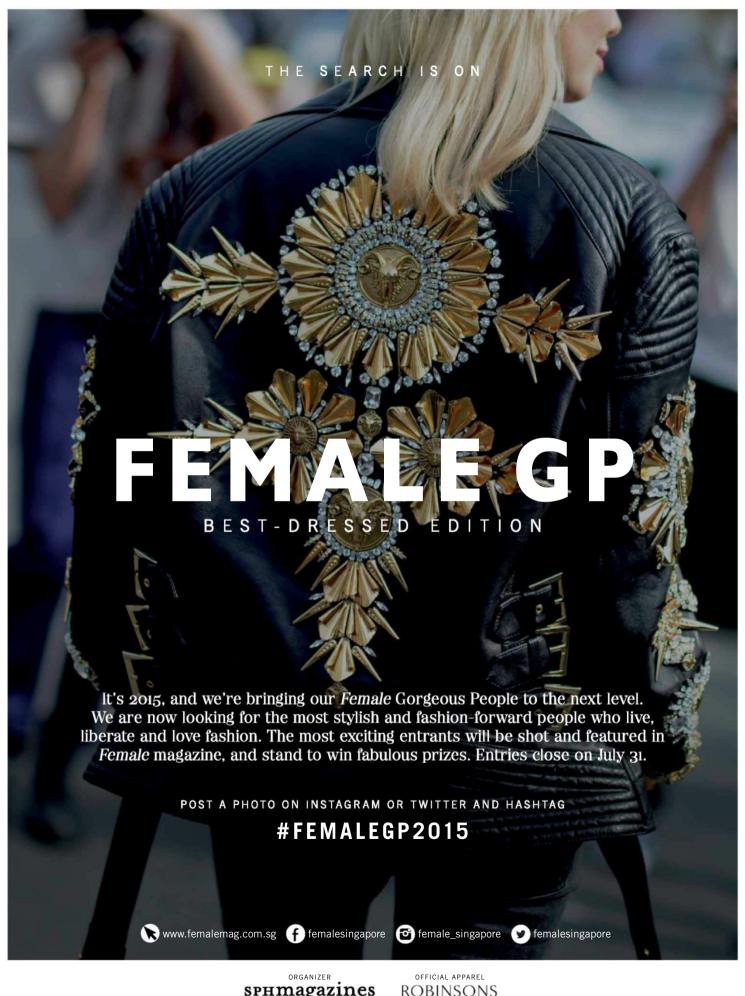


During the first two to four months, aim for three 35-minute total-body strengthtraining sessions on alternate days each week. During two of those workouts, focus on simple, isolated exercises.

During the third, try more compound movements, like squat to shoulder press, deadlift to high pull, and push-up into side plank.

As for cardio, Holly recommends tallying up the amount you've been doing in minutes per week. Then, cut that number in half. Aim to do that much cardio per week in addition to your strength training. Ideally, do it on non-strength training days or after your weight session.







ost of us think of burning fat and losing weight whenever we think of cardio workouts. People who don't exercise much probably associate it with working up a sweat, as well as feeling uncomfortable and short of breath. In other words, cardio is a synonym for suffering for some couch potatoes.

The bad news is it is a necessary evil if you want to stay healthy as you age. The good news is cardio does a lot more than burn fat. Even those blessed with the skinny gene benefit from cardiovascular exercise.

As so little is known about cardio, even among the gym rats, its exact benefits and how we can make it work more efficiently for us, we've set about simplifying it for you, and debunking some common myths along the way so that you can make the most of your workout.

# What counts as a cardiovascular exercise?

An activity that raises and challenges your heart rate, lungs and blood circulatory system, according to Tommy Yau, head of fitness education and master trainer in many sports disciplines at Fitness First Singapore.

During cardiovascular exercise, both the heart and blood vessels work to deliver oxygen and nutrients to the working muscles, adds Dr Lim Baoying, a resident physician at Changi Sports Medicine Centre. You should also be able to maintain the workout at a consistent intensity, according to American College of Sports Medicine (ACSM), considered to be the authority on sports medicine by many sports practitioners.

So even gardening can be considered as a cardio workout? Essentially, yes. It's not necessary for you to

be sweating buckets to have a cardio workout. Dr Lim says that as long as there are repetitive movements of large muscle groups (even squatting up and down to move flower pots), which inadvertently generate perspiration, you are having a cardio workout.

# Surely not all cardio workouts are created equal? The ACSM has

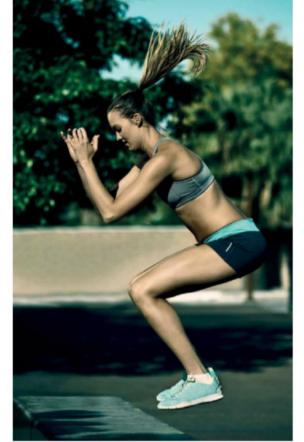
set broad guidelines for categorising cardio workouts: those that require few skills and those that require more. Jogging and cycling fall into the first category as they call mostly for effort and constant intensity, while sports like horse riding and dancing belong in the second category.

According to Dr Lim, the output in the former depends on the energy expended and not skills. In the latter, a person is likely to burn more calories if he's more skilled, as he can perform the exercise longer and harder.

# So what does cardio really do for the body?

Weight loss is just part of the equation. Regular cardio exercise improves your health in multiple ways. It strengthens the heart muscles, equalises blood pressure, and reduces the risk of diabetes, heart attacks and depression.

It also lowers cholesterol, changes the fat-to-muscle ratio, and reduces body weight and fat stores. In short, it is likely to lengthen your life expectancy and improve your quality of life.





# Cardiovascular exercise improves your health in multiple ways.

# How long should a cardio workout be for it to be considered effective?

"Gardening, hatha yoga and spinning can all be considered cardio-based. The difference in their effectiveness as cardio workouts lies in the intensity of the exercise, and has nothing to do with the duration," explains Dr Lim.

A workout's intensity is gauged by your heart rate or beats per minute. To find out, get a heart rate monitor. Ideally, a cardio workout should bring you to between 64 and 95 per cent of your maximum heart rate, which denotes a moderate to vigorous workout, says Dr Lim.▶

How does one read a heart rate monitor? First, you'll need to know your estimated maximum heart rate (MHR). To get the figure, subtract your age from 220. The MHR of a 28-yearold (220-28) is about 192 beats per minute (BPM).

Presuming you are a 28-year-old, a hatha workout that challenges your maximum heart rate (MHR) by 60 per cent should register 115.2 BPM. On the other hand, a High Intensity Interval Training (HITT) workout might get you to max your heart rate at 90 per cent, which means 172.8 BPM. If you are a beginner aiming to improve your endurance and start conditioning your body, start by hitting about 50 to 65 per cent of your MHR. If you have been exercising regularly, you should be going for 60 to 75 per cent. And, if you are a regular gym rat, 70 to 85 per cent should be manageable. A 28-year-old with a MHR of 192 and no known health

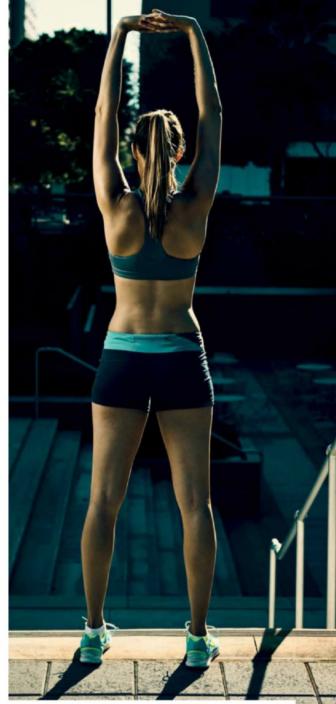
How important is it to keep hydrated during a workout, and what is sufficient hydration? During a cardio workout, the body produces heat and loses water. When the water deficit is more than two per cent of your body mass, the body suffers from excessive dehydration.

This affects the electrolyte balance and affects your performance. Dr Lim suggests staring your workout with normal hydration. You could slowly drink beverages, for example, between 5ml to 7ml for every kilo of your body weight at least four hours before exercise to allow time for your urine output to return to normal before starting. It should be clear and of adequate volume.

If you have not perspired a lot, there is no rush to replace lost fluids - eating



for every kilo of your body weight four hours before exercise.



weight to hydrate rapidly. To really know how much water you have lost, weigh yourself before and after a workout.

**Are isotonic drinks necessary?** For workouts longer than an hour, fluids with added carbohydrates not exceeding six to eight per cent, such as isotonic drinks, help to maintain hydration and performance levels.

For a workout lasting more than a few hours, fluids with added sodium would be optimal for performance and hydration. Added carbohydrates maintain blood glucose level while extra electrolytes replace those lost through sweat.

### How often should one do cardio exercise?

According to the ACSM, we should aim for 30 to 60 minutes every other day or a total of 150 minutes a week of purposeful moderate intensity exercise (at 64 to 76 per cent of MHR). As for vigorous-intensity exercise (at 77 to 95 per cent of MHR), aim for 20 to 60 minutes every other



day or a total of 75 minutes a week. It's recommended that we do a combination of light, medium-intensity and vigorous workout.

# How should a noob get started on cardio exercise? The ACSM

recommends starting with just 20 to 60 minutes of exercise no more than five times a week for someone with a sedentary lifestyle embarking on an exercise routine.

Muhammed Ismail, head coach and certified personal trainer at Ritual, a boutique gym. specialises in 30 minutes of HITT. He says he will simply get a beginner to start moving, rather than push her straight into HITT.

"Even pulls and pushes, if done repeatedly, are a cardio workout I am more concerned that someone who has not exercised for a long time might have joint issues she doesn't know about," explains Ismail, who adds that he can tell a lot about a person's physical condition from a squat.

"I make sure a beginner is able to hold a plank before she progresses to lowering herself towards the floor and finally completes a push-up. She can reap maximum benefits when she is able to do a full set of an exercise properly," says Ismail.

Dr Lim recommends starting your workout with a friend and increasing the duration and frequency as you progress. A research paper published in the Journal of the American College of Cardiology last year noted that even running slowly is beneficial to the heart. So, starting slow is perfectly all right and beneficial.

# How much is too much?

Listen to your body. Having prolonged pain in the muscles or joints you working out may signify injuries, warns Dr Lim. People attempting new levels

or exercises also run the risk of heart attacks, she adds. This is another reason to start slow if you've been mostly sedentary.

Is there an optimal time to lock in a cardio exercise? "An optimal time is when you are least likely to be disturbed and would be able to complete your workout," says Dr Lim. You should also factor in what's realistic. If you are not a morning person, you are unlikely to exercise first thing in the morning, adds Dr Lim, Body temperatures also tend to be higher as the day progresses, which means your body is more warmed up, therefore making it easier for you to get into a workout.

As for exercising on an empty stomach, there's an ongoing debate on the pros and cons of this. Not eating is said to help the body to burn stored fat and thus increase weight loss, but Dr Lim reminds us that the body is in a fasted state in the morning, so it's prudent to eat something before substantial exercise.

Since cardio is multifunctional, is it the best workout for everyone? Both doctors and fitness trainers are undivided in recommending a balance of strength building, calisthentics and stretching with cardio exercise for general well-being.

Dr Lim recommends stretching at least twice a week, working each major muscletendon group for at least 60 seconds per exercise to maintain a wide range of joint movement.

She adds that resistance exercises for each major muscle group as well as functional training should be done two to three times a week, as they improve bone mass, plus balance, agility and coordination. The best workout is an allrounded one.

# just me & my pink dolphin





The water that makes you feel refreshingly good!









# Earn a smokin' hot bikimi bod

Got 28 minutes to spare? Australian Instagram sensation. personal trainer and author of Bikini Body Guide. Kayla Itsines, shows how you can get lean and strong guaranteed - with this exclusive workout.

**BY LI YULING** 

og on to Instagram and look up one of her 2.9 million followers or not, you'll be tempted to give Kayla's 12-week fitness programme a go after scrolling through her album.

The 24-year-old's enviably trim and sculpted physique makes for one seriously aspirational #fitselfie, but what's even more impressive are the before and after pictures of her clients.

Kayla's Bikini Body Guide (www.kaylaitsines.com) offers a 12-week workout plan and training tips. The Adelaidebased personal trainer encourages followers to track their progress with pictures, which she often reposts.

Many women achieve promising results within two weeks. Others see such amazing transformations that they keep at the programme and continue to share their pics at 30, 40 and even 50 weeks of their #BBGprogress.

Not surprisingly, a BBG fitness community soon formed on Instagram and Facebook, with Kayla's converts - also known as

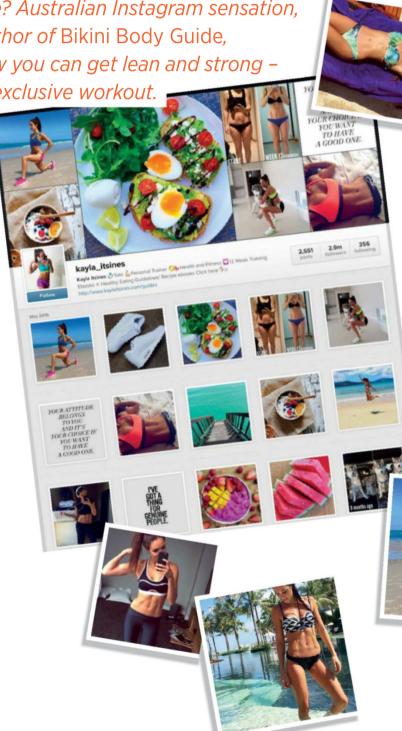
#KaylasArmy - riding on the hashtag, #TheKaylaMovement, that has gone viral.

"The Kayla Movement began on Jan 5 this year, when girls from all over the world started my Bikini Body Guide together as one community. Social media became a place where these girls uplifted each other and inspired one another to keep on track. I still cannot believe the amount of positivity, encouragement and support they were giving one another," says Kayla.

"My 28-minute highintensity, plyometric, resistance training sessions have helped many women achieve the results- toned thighs, flatter stomachs and strong, slim arms - they've been seeking for so long without having to spend hours a day in the gym.

"Twenty-eight minutes form just two per cent of a day. The workout is easy to fit into busy schedules and maintain consistently in the long run."

Now try this full-body exercise routine Kayla has specially put together just for Shape Singapore, and watch yourself tone up within weeks!



# CIRCUIT 1

# THE PLAN

How it works Do all three exercises in each circuit within seven minutes. You may follow the number of reps recommended, or do as many as you can, so long as you maintain good form. Take a 60-second break between each seven-minute circuit.

**You'll need** A skipping rope and a timer

# **CIRCUIT 1 Full body**

20 snap jumps/ 100 skips/50 ab bikes

# **CIRCUIT 2 Lower body**

20 sumo jump squats/ 10 burpee + tuck jumps/ 30 reverse lunge and knee lifts (15 each side)

# CIRCUIT 3 Upper body

20 toe taps/ 50 X-mountain climbers (25 each side)/ 15 lay down push-ups

# Snap jump

Start in push-up position: Get on all fours and place both hands on floor slightly wider than shoulder-width apart with feet together behind you, while resting on balls of feet [a]. Transfer body weight onto hands and jump feet inwards to land in crouched position with feet directly behind or slightly outside hands [b]. Kick feet backwards into push-up position [a], while maintaining neutral spine. Stabilise body using abdominal muscles. This counts as one rep.



# Ab bike

Start by laying flat on back on yoga mat with feet extended in front of you. Lift both legs so they hover slightly above ground. Bring left leg in towards chest and twist upper body so right elbow meets left knee [a]. Repeat on other side **[b]**. Each individual twist counts as one rep.







Form check: Make sure you land on balls of your feet with knees slightly bent. Each time you jump over the rope counts as one skip.

# CIRCUIT 2





# Burpee + tuck jump

Once in push-up position on floor [a], transfer weight onto hands and jump feet inwards towards hands [b]. As you stand, propel body upwards and bring knees in towards chest [c]. Take care to land softly without locking knees. Bend at hips and knees to place hands on floor in front of you, and jump feet backwards to return to push-up position to complete rep.





# Reverse lunge + knee lift

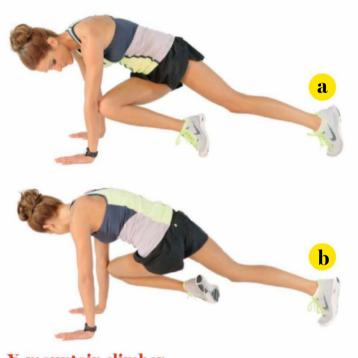
Plant both feet on floor slightly wider than shoulder-width apart [a] and carefully take one step backwards with right foot. As you plant right foot, bend both knees at 90-degree angle, ensuring weight is evenly distributed between both legs [b]. Then, extend both legs and transfer weight completely onto left foot. Lift right foot and bring tight knee in towards chest [c]. Lower right knee, place right foot back on floor behind you, [b] and bend both knees at 90-degree angle. Do 15 reps (or as many as you can manage) on right before switching to left.





# CIRCUIT 3

# Toe tap Start by lying flat on yoga mat with arms extended above head. Carefully raise legs off floor so they create 90-degree angle with hips [a]. Engage abdominals by drawing belly button in towards spine. Using abdominals, slowly lift head, shoulder blades and torso off floor to bring hands to toes [b]. Squeeze upper abdominals before slowly lowering torso backwards and extending arms behind head [a] to complete rep.



# X-mountain climber

Place both hands on floor slightly further than shoulder-width apart with feet together behind you. Keeping left foot on floor, bend right knee and bring right leg in towards chest and left elbow [a]. Extend right leg and return to starting position. Repeat with left leg [b]. Continue between left and right, gradually increasing speed as if running on hands. Ensure wrists remain in line with shoulders at all times and body forms one straight line from head to toe. Each leg movement equals one rep.



# THE RUNSPIRATION YOUNEED THE LATEST

BY ESTELLE LOW PHOTOGRAPHY VERNON WONG AND HOTTEST TRAINING GEAR.

For road running, racing or trails, these are sure to please.

Kalenji Kiprun XT5 Women's Trail **Shoes** (\$94.90, www. decathlon.sg) The outsoles come with 5mm lugs that give

good traction on rough terrain, and are well spaced out to prevent mud clogging.

New Balance 880v5 Women's **Cushioning Running Shoes (\$169)** 

Eniov more comfortable strides in these neutral-cushioning shoes with a softer upper and wider forefoot base than their predecessors.

> Salomon X-Scream 3D Women's Running Shoes (\$209) Offering durable cushioning



for running and high-intensity workouts, these are reinforced around the heel to support side-to-side movement.

Kalenji Kiprun **Trail Socks** (\$8.90, www.decathlon.sg) Provides pressure around the ankles to reduce the risk of sprains.



# They come with undersole cushioning and a heel tab to prevent them from slipping forward into your shoes.



do not feel the benefits as greatly as women.



## **BRAS**



## **ACCESSORIES**

Upgrade your run with these nifty add-ons.

#### Kalenji By Night LED Light Cap

(\$19.90, www.decathlon.sg) Turn on the LED and choose from three settings to improve visibility during night runs.



**Powerdot Smart Wearable Sports Electrical Muscle** Stimulator (\$239,

Challenger) Give your gams a good massage after an intense training sesh. This compact device sends electrical currents to contract your muscles. The intensity and duration are adjustable.





(\$36, Running Lab) Protect yourself from damaging sun rays by wearing this UPF 50+ band on your head or around the neck.



**Sennheiser PMX 686G Sports** 

Headphones (\$149) Open acoustics (which means you can hear background noise) make this suitable for road running. Expect an energising sound and punchy bass.



**Fuelbelt Helium Super-**Stretch Waistpack (\$29, Running Lab) The inner

padding around the waist is super comfy. Air channels keep you dry.

## Is a heart rate monitor a worthwhile

A heart rate monitor is the most accurate way to measure your pulse, and it lets you know whether you're going faster or slower than your intended intensity. Depending on your fitness objectives, there is an optimal heart rate you should train at to achieve the best results. Think of a heart rate monitor as the display panel in your car: You wouldn't want to drive without knowing your speed, fuel capacity and how hard you're accelerating.

**TomTom Runner Cardio GPS Running** Watch with built-in **Heart Rate Monitor** 

(\$449, Outdoor Sports Travel) Key stats like your heart rate, distance, time, pace, speed and calories burned are measured and displayed on the large screen as you run.



Sony Smart B-Trainer Headset (\$399) No ordinary pair of waterproof headphones, it also measures the heart rate, calories burnt, distance, pace, stride, running route and elevation. It even plays music to match your heart rate.



Tampines One #03-02 (6260 2190) • Jurong Point #01-16J (6795 7478) • ION Orchard #82-14 (6884 6567) • Compass Point #01-21/22 (6388 7375)
Parkway Parade #02-40/41/44 (6346 2556) • The Clementi Mail #04-41/42 (6659 1822)• Vivo City #02-13/14 (6270 4211) • Lot 1 #02-15 (6767 0434)
Raffles City #03-06/07 (6338 1981) • Bugis Junction #02-18 (6336 8303) • NEX Serangoon #01-10 (6509 0802) • Jem\* #03-35 (6734 9678)
Bedok Mall #01-58/59 (6844 9892) • Causeway Point #01-30 (6893 3901) • Ngee Ann City #B2-04

Outlet Store: Changi City Point #02-42 (6636 1078) Shop in Shop: OG Albert Complex • OG People's Park



SKECHERS



SKECHERSsg

www.skechers.com.sg



These energising and unusual poses tap the motivating power of music to help you get serious toning out of every pose.

BY KAREN ASP
PHOTOGRAPHY CHRIS FANNING

ou know how motivating music can be when you're working up a sweat? In yoga, however, it's usually in the background so it doesn't become a distraction. Well, not anymore!

"Music impacts your emotions, which then affects your physiology," says Lashaun Dale, senior manager of programming at Equinox gym in the US. "Listening to tunes can help you get deeper into the poses and give you better focus."

Lashaun, along with two colleagues, created these moves and playlist here based on the theme of courage. "The warrior variations will stoke your inner fire and give you a head-to-toe workout," she says. As you do this plan, visualise going after what you want – whether it's a promotion or a slim, fit body.







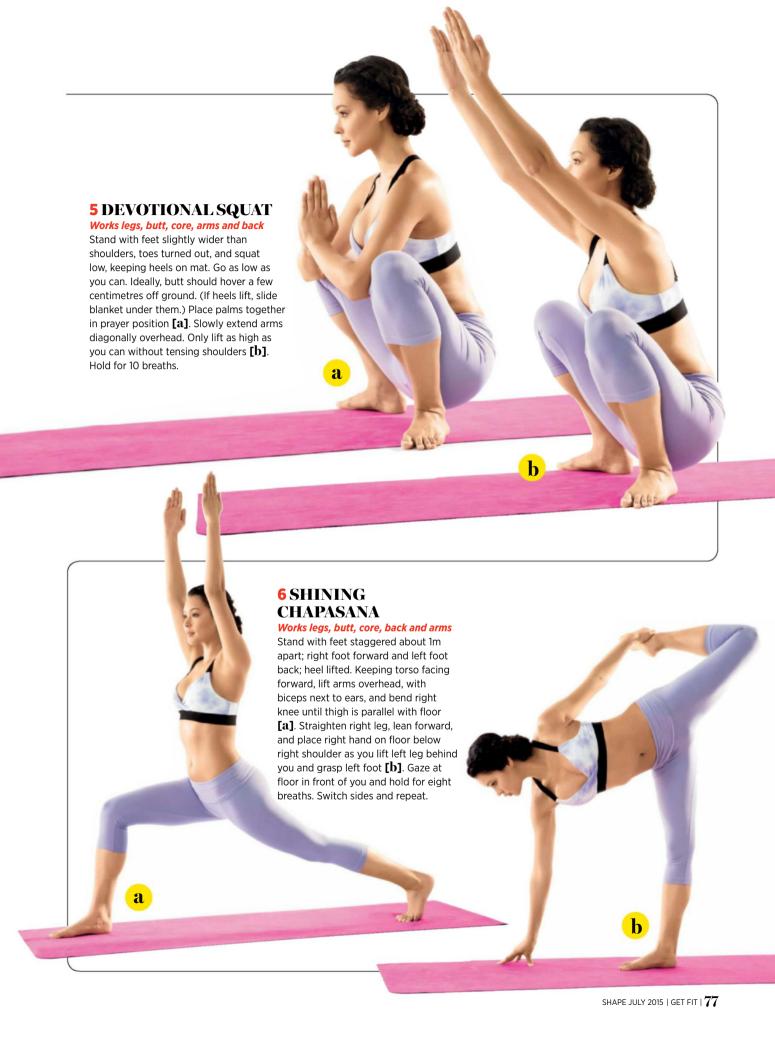


#### **4** FOCUSED WARRIOR

#### Works legs, butt and core

Start in Eagle Warrior position with right foot forward and left foot back. Raise right arm overhead and bend elbow so hand is behind upper back. Bring left arm behind you so hand is between shoulder blades. Clasp fingers, then bend right knee

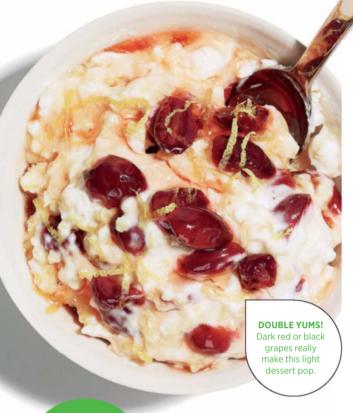
until thigh is parallel with floor. Keeping hands clasped, shift weight to right leg and bend over from hips, lifting left leg behind you until level with torso [a]. From this position, bend and straighten right leg [b] 10 times, going a little deeper each time. After final rep, hold pose for 10 breaths. Repeat on other side.











SOUND

"You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients."

JULIA CHILD, LATE AMERICAN CHEF AND AUTHOR

## NO MUSS NO FUSS

De-veining and shelling prawns just got easier! After removing a prawn head, slide the tip of the **D.Line Prawn Peeler** (\$13.95, Howards Storage World) between the shell and the flesh, then close the handle to split the shell, and voila! Works best on large uncooked prawns.



# Creamy lemon pudding

Whole grains work surprisingly well in sweet dishes Maria Speck, author of Simply Ancient Grains: Fresh and Flavorful Whole Grain Recipes for Living Well, turns millet into a decadent treat.

#### LEMONY MILLET PUDDING WITH **CARAMELISED GRAPES**

Serves: 6

Cook time: 40 minutes Total time: 1 hour (plus 2 hours for chilling)

- > ½ cup millet
- > 1 cup water
- ½ cup whole or low-fat milk
- > ½ teaspoon vanilla extract
- fine sea salt
- > 3/4 cup dry white wine or apple juice
- ¼ cup honey
- > 2 tbsp raw cane sugar
- > 2¼ cups halved seedless grapes (about 340g)
- > 3 whole cloves or 1 pinch around cloves
- 1 10cm x 1cm strip lemon zest (pith removed)
- 1½ cups whole-milk **Greek vogurt**
- 2 tbsp limoncello or apple juice, plus more as needed
- > 1½ tsp finely grated lemon zest, plus more for garnish
- 1. In small saucepan, bring millet and water to boil. Lower heat. cover and cook for 18 to 20 minutes or until water is absorbed. Stir in milk, vanilla and pinch of salt. Simmer, cover and cook for about 10 minutes or until liquid is absorbed. Remove from heat. Uncover and cool for 25 minutes.

- 2. In medium saucepan, bring wine, honey, sugar, two cups grapes, cloves and zest strip to boil over medium-high, stirring gently, for about two minutes.
- 3. Place sieve over medium bowl. Strain grapes and return liquid, along with cloves and zest, to pot. Simmer for about eight minutes or until syrup begins to caramelise. Remove from heat and cool for 15 minutes
- 4. When millet and syrup are slightly warm to touch, remove lemon zest and cloves. Reserve two tablespoons syrup. In medium bowl, combine remaining syrup, yogurt, limoncello and grated zest, and beat with wooden spoon until smooth. Fluff millet with fork and stir into yogurt mixture. Gently fold in grapes, divide between six bowls, and cover with plastic wrap. Chill for two hours.
- 5. Before serving, garnish with remaining grapes, syrup and lemon zest.
- \* Nutrition score per serving 298 calories, 7g fat (5g saturated)

The number of people with high mental well-being who eat five or more servings of fruit and vegetables a day. In contrast, just seven per cent of those who ate virtually no produce were similarly happy, optimistic and resilient.

## THIS POWERFUL, FUSS-FREE BLENDER MAKES THE PERFECT SMOOTHIE OR SOUP IN A JIFFY.

A blender with a superb motor and patented blades, the Nutribullet Nutrition

Extractor (\$199, major department stores) pulverises hard ingredients

like nuts and seeds to make them easier to digest. Now you can have
a wholesome, antioxidant-rich smoothie without hard-to-swallow bits!

NUTRIBULLET.

#### 4444

It comes with three cups and two blades – one for blending, the other for grinding. Simply fill a cup with ingredients and attach it to the power base with the right blade. Avoid overfilling, or it will leak during the extraction process.

#### EFFICACY TOTAL

We were impressed by its strong engine. It took merely 30 seconds to turn a bunch of chopped apples, carrots, flax seeds and broccoli into a velvety mixture. No lumps! Plus, we didn't need to manually mix the ingredients, as is required with some blenders.

#### CLEANING \*\*\*

Washing is a breeze. The blades are detachable from the cups, so any residue is easily rinsed away. Wipe the power base with a damp cloth if it's stained.

#### **VALUE \$\$\$**\$

The cups have removable lids and handles, so you can drink straight from them or refrigerate a batch. We also like the milling blade – so useful for making powdery bits out of oats and nuts.

#### DRAWBACK 77777

We wish the cups were larger. The tall cup (24 ounces) has a 700ml capacity, while the short cup (18 ounces) fills up to 500ml.

#### **OVERALL VERDICT**

Quick and effective, this workhorse deserves a place in any smoothie lover's kitchen. Another plus: The user guide comes with plenty of recipes for smoothies, soups and dips. The website www.nutribullet.com also offers more ideas.



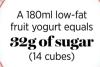


SNEAKY SUGARS

A little is generally okay. In fact, experts say you can take up to 100 calories of added sugar a day. But you might be getting more than you bargained for as a lot of everyday food contains hidden sugars. Measuring the amount of sugar in cubes helps people comprehend grams better, say researchers at the **University of Alabama** in the US, so here's what these common foods are packing.

An order of kung pao chicken equals

18g of sugar (eight cubes)



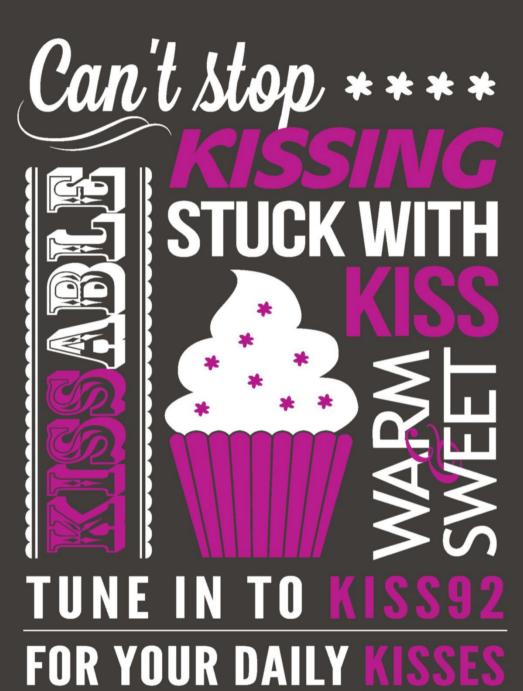


#### WHERE THEY **LURK**

Some sugars occur naturally in fruits and dairy products. To avoid added sugars, look for words that end in "-ose" on labels.



















earty bread stands up better to toppings. Our favourites: dark rye, multigrain (look for the 100 per cent wholegrain label), fruit and nut, as well as wholewheat baguette and boule, and sourdough.

#### FRUIT & GRANOLA

Spread two slices of toast with one and a half tablespoons of ricotta cheese mixed with a teaspoon of honey. Top with two dried Turkish apricots cut into strips and granola.

#### ASPARAGUS & **BEANS**

Slice two steamed asparagus spears into eight strips. Stir three tablespoons of chopped, roasted red bell peppers with half a tablespoon of finely minced red onion, one tablespoon of lemon juice, and half a teaspoon each olive oil and salt. Add the asparagus and toss. Mash one third of a cup of canned cannellini beans with two teaspoons of olive oil and a quarter teaspoon of sea salt. Divide this over two slices of toast and top with the peppers, asparagus and ground black pepper.

#### **CARROT RIBBONS** & SUNFLOWER BUTTER

Whisk a tablespoon of lemon juice with a teaspoon of olive oil and a quarter teaspoon of sea salt. Add one cup of carrot ribbons and two tablespoons of chopped golden raisins. Spread one and half tablespoons of sunflower butter over two slices of toast, and top with the carrot ribbons, cilantro and roasted sunflower seeds.

food writer and cookbook author.

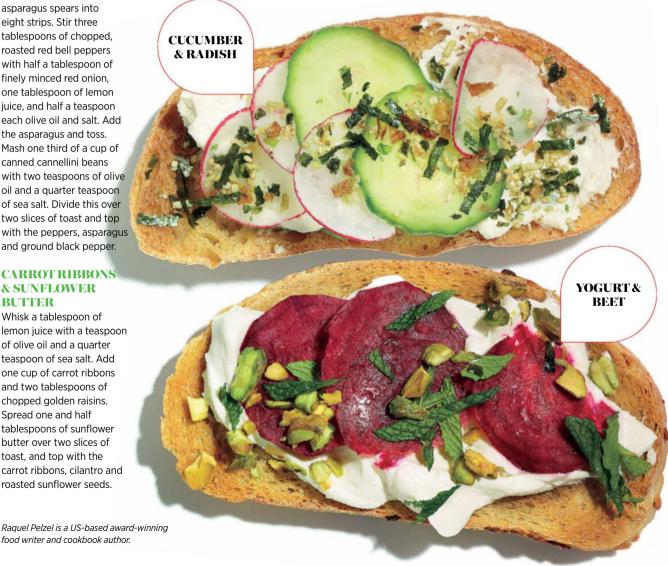
#### **CUCUMBER & RADISH**

Stir four chopped fresh basil leaves and a quarter teaspoon of toasted sesame oil into three tablespoons of cream cheese. Divide over two slices of toast. Top with thin cucumber and radish slices. Then sprinkle with furikake (a Japanese seasoning mix) or toasted sesame seeds.

#### YOGURT & BEET

Whisk together one tablespoon each of orange and lemon juices. and a quarter teaspoon of sea salt. Add four thin slices of raw beet and marinate for 10 minutes. Stir one tablespoon of chopped fresh mint into one quarter of a cup plain of Greek vogurt, and divide over two slices of toast. Top with beet slices and sprinkle with finely chopped pistachios.

**Nuts add** protein and a satisfying crunch.



FOOD STYLING JAMIE KIMM







At Shape, we consider deprivation sacrilege. To forgo indulgent dishes in the name of health?

Depressing, misguided, and unnecessary.

Which is why we consulted the best cooking and nutrition pros for ways to make any food better for you. And this is whether it's less caloric, made with more wholesome ingredients, or lower in fat, sugar or carbs – or all of the above. Because we never want to live in a world without pasta.

BY ALYSSA SHELASKY

cup of your favourite

mac and cheese the next time you make this

classic comfort food.

## SUPER-CREAMY CAESAR DRESSING Instead of the classic dressing, US-based chef Doug Psaltis mixes together one cup whole-milk Greek yogurt, five roasted garlic cloves, one KEEP GREENS tablespoon Dijon mustard, quarter cup each **HEALTHY** grated parmesan and lemon juice, one teaspoon Traditional Caesar dressing Worcestershire sauce, two chopped anchovies, is a secret one tablespoon red wine vinegar, and salt and calorie bomb. pepper for a creamy, guilt-free version.

THE BEST BRUNCH PANCAKES

The batter for these pancakes or flapjacks is made by mixing two beaten eggs, one mashed banana, half teaspoon baking powder and one sprinkle cinnamon. Cook in hot skillet with a little coconut oil for a minute on each side, and top with fruit, flaxseeds, and nuts, as well as a drizzle of maple syrup, suggests Miranda Hammer, a US-based dietitian and founder of www.crunchyradish.com.

#### Chips & dip

Chef and co-author of Good Fat Cooking: Recipes for a Flavor-Packed, Healthy Life, US-based Franklin Becker suggests getting your crunch fix with beets. Slice up to 680g beets, toss with quarter cup canola oil, and sprinkle with salt and pepper to taste. Bake in single layer at 175 deg C for about 35 minutes, rotating halfway through. For a simple dip. Franklin purees low-fat Greek yogurt with lemon, mint, dill, olive oil, salt and pepper.

#### **Every-single-day** ice cream

PALEO-PERFECT

Since they have

no flour or dairy. these pancakes

are a paleo

dieter's dream.

When you make your ice cream out of fruit and nuts, you can have it for dessert as often as you like. Lifestyle blogger Lauryn Evarts (www. theskinnyconfidential. com), based in the US, makes a froyo-like treat by blending frozen bananas, ground pistachios, raw almond butter and one splash almond milk. She tops it with chopped roasted pistachios, one dash cinnamon and fresh berries for a healthy sundae that looks almost too good to eat.

#### Eat Right



#### Faux Alfredo

"This is one of those dishes that I love and has guilt written all over it." savs US-based chef Carolina Santos-Neves. Instead of using cheese, cream and butter, Carolina combines two tablespoons white miso, half teaspoon tamari (Japanese fermented soya sauce) and half cup toasted walnuts in her food processor with one tablespoon water and juice from half a lemon to create a sauce with the same taste and texture as fat-filled Alfredo (just trust us on this one).

#### Velvety soup

Suckers for cream of broccoli soup will love the texture of this dairy-free green soup from Rebecca Katz, US-based co-author of The Healthy Mind Cookbook: Big-Flavor Recipes to Enhance Brain Function, Mood, Memory, and Mental Clarity. Simmer one bunch greens, one chopped onion, one chopped yellow potato and one handful broccoli florets in water or vegetable broth. When tender, whip all up with hand blender. The potato starch gives this soup a smooth, velvety texture without the fat and calories of heavy cream. Good for vegans and lactoseintolerants too!

#### **CHOCOLATEY MOUSSE**

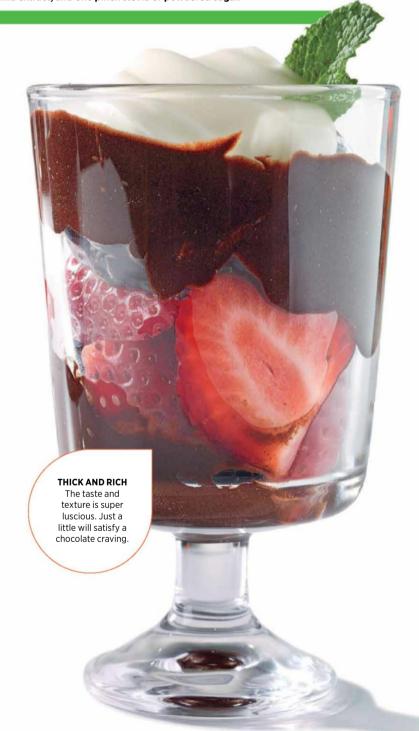
Get healthy recipes and tips from US-based food blogger Katie Higgins on www.chocolatecoveredkatie.com. Her chocolate frosting also works as chocolate mousse, chocolate whipped cream, a parfait layer or a dip for fruit. Blend one can coconut cream with half cup plus two tablespoons unsweetened cocoa powder, one teaspoon vanilla extract, and one pinch stevia or powdered sugar.

#### "Fried" chicken

You don't need breadcrumbs and plenty of oil for crispy. delicious chicken breasts. Chef Bill Dorrler of the US toasts one cup farro or quinoa per breast in dry pan, then grinds them to breadcrumb consistency. Once cutlets are dipped in egg mixture and coated with crumbs, he bakes instead of fries them.

#### Ranch "doritos"

Casey Barber, US-based author of Classic Snacks Made from Scratch: 70 Homemade Versions of Your Favorite Brand-Name Treats. is a self-diagnosed Doritos addict. She makes her own ranch powder for unsalted popcorn, homemade pita chips or sliced cucumbers. For a quarter cup batch, mix one tablespoon cheddar powder (available on www. amazon.com), one teaspoon each onion powder, garlic powder, and buttermilk powder, half teaspoon dried chives, quarter teaspoon citric acid, quarter teaspoon dried lemon peel, as well as one pinch each kosher salt and sweet paprika in spice grinder or mini food processor and blend for 10 to 15 seconds.



#### **Rich brownies**

Black beans make an uncanny substitute for flour in brownie batter. The pros behind the health and wellness website www.howyouglow. com explain that in addition to adding fibre and healthy fats. mashed black beans give brownies that crispy crust and fudgy inside that make us swoon. Puree a can of black beans and mix with two eggs, one tablespoon vanilla extract, three-quarter cup cocoa powder, half cup maple syrup, one teaspoon baking powder, half teaspoon each salt and baking soda, and quarter cup melted coconut oil. Bake at 175 deg C for about 25 minutes.

#### **Chocolate** chip cookies

Amanda Freeman, a US-based fitness trainer, is known to be very busy, very healthy - and very hungry. She relies on these cookies. made from five whole ingredients, to make her happy on hectic days. Combine two and a half cups rolled oats, two ripe, mashed bananas, one cup almond butter, one teaspoon cinnamon and one-third cup dark chocolate chips. Roll into dough balls, flatten to desired shape, and bake at 175 deg C for 12 to 15 minutes.



the world called Blue Zones is easy to make and meant to be enjoyed over laughter and conversation with friends, family and good wine. Diane Kochilas, US-based chef and author, brings the flavours of one zone -Ikaria, Greece to your kitchen.

n the Greek island of Ikaria, a tiny, rocky stretch of land in the Aegean Sea, the people seem to live forever. It's one of the world's Blue Zones, term coined by Dan Buettner, American author of The Blue Zones Solution: Eating and Living Like the World's Healthiest People, to describe pockets on the planet full of healthy 100-year-olds.

The best known of these zones might be Okinawa in Japan, but others exist: Ikaria in Greece, Ogliastra in Italy's Sardinia, Loma Linda in the US, and Nicoya in Costa Rica. When Dan and his National Geographic team studied the population in each location, they found common threads in lifestyle (less stress, strong faith, social support), as well as diet (mostly plant-based, lots of beans, moderate alcohol consumption).

While Dan was doing his research, he interviewed Diane Kochilas, a Greek-American chef who had grown up in an Ikarian enclave in the US. Diane has spent her career bringing

the tastes and foods of Ikaria to the US, most recently with her new cookbook, Ikaria: Lessons on Food, Life, and Longevity from the Greek Island Where People Forget to Die.

"I was 12 the first time I visited Greece and experienced that explosion of flavours from really simple food - tomatoes off the vine, cherries right off the tree," she says. "I can still taste those foods, and they've informed my whole experience as a cook."

Ikaria has historically been a poor island, and people didn't always have much to eat. But what they did have was very high in quality. The island provided them with greens to forage, and they ate in season, with many residents even making their own olive oil. They turned very basic, inexpensive or free foods into delicious meals that let the flavours of the raw ingredients shine. This way of preparing food continues to influence Diana's cooking, as seen in her mouthwatering, nutrient-packed recipes here.



**SERVES: 6** 

**COOK TIME: 4 HOURS** TOTAL TIME: 4 HOURS, **15 MINUTES** 

- > 450g dried chickpeas (soaked overnight) or 8 cups canned, drained chickpeas (reserve liquid)
- > 6 sprigs fresh thyme
- 2 sprigs fresh rosemary
- > 3 bay leaves
- > freshly ground black pepper
- > 3 large red onions, halved and sliced

- > 1 red bell pepper, cut into 0.5cm rings
- > 1 green bell pepper, cut into 0.5cm rings
- > 1 yellow bell pepper, cut into 0.5cm rings
- > 1 small carrot, halved lengthwise and cut lengthwise into thin strips
- > 2 large, firm ripe tomatoes, cut crosswise into 6 slices
- > ½ cup Greek extra virgin olive oil
- 1. Drain chickpeas and add to large pot. Add fresh cold water

until they are covered by 5cm. Bring to boil, then reduce to simmer and cook for about one hour or until halfway tender. Drain and reserve liquid for cooking.

- 2. Preheat oven to 160 deg C. Add chickpeas to baking dish. Pour in liquid until chickpeas are two-thirds covered. Add herbs and season with salt and pepper.
- 3. Arrange onions on top of chickpeas, followed by garlic, peppers and carrots.

Add tomatoes and drizzle with olive oil. Cover pan with lid or parchment paper and then foil. Bake for two and a half hours. Remove cover and continue to bake for about 30 minutes more or until liquid has almost evaporated and vegetables are tender and almost charred.

#### \* Nutrition score per serving

501 calories, 23g fat (3g saturated), 61g carbs, 17g protein, 17g fibre, 37mg sodium



#### **Collard Green Dolmades Filled** with Dried Corn & Herbs

**SERVES: 6** 

**COOKTIME: 45 MINUTES TOTAL TIME: 50 MINUTES** 

- > 24 large fresh collard greens, stems trimmed
- > ½ cup Greek extra virgin olive oil
- > 3 large red onions, finely chopped

- > 2 cups dried sweet corn kernels, soaked overnight in cold water and drained
- > 1 bulb fennel, finely chopped
- > 1 cup fresh mint leaves, chopped
- > ½ cup chopped fresh chervil (optional)
- > 11/2 cup chopped fresh flatleaf parsley
- > salt
- > freshly ground black pepper
- 1. In large pot of boiling salted water, blanch collard greens for one minute. Drain and rinse with cold water. Pat dry and set aside.

- 2. In large skillet, heat two tablespoons of olive oil over low. Add onions and cook for about 10 minutes or until a very pale golden shade.
- 3. To make filling: Combine corn, onions, fennel and chopped herbs. Season with salt and pepper to taste.
- 4. To make dolmades: Lay one collard leaf flat, and place two tablespoons of filling on bottom centre. Fold in sides and roll up like a spring roll. Repeat with remaining leaves and filling.
- 5. To large, wide pot, add two tablespoons of olive oil. Place dolmades seam-side down, fitting them snugly next to each other. Add enough water to just cover them.
- **6.** Cover pot and bring to simmer over medium heat. Reduce heat and cook for about 30 minutes more or until leaves and filling are tender. Remove from heat, add remaining olive oil and serve.
- \* Nutrition score per serving 302 calories, 21g fat (3g saturated), 28g carbs, 7g protein, 10g fibre, 54mg sodium

## Sweet Potato & Arugula Salad

**SERVES:** 6

**COOK TIME: 15 MINUTES** 

#### **TOTAL TIME: 20 MINUTES**

- > 680g sweet potatoes
- > sea salt
- > 1 large red onion, halved and thinly sliced (or substitute with 1 bunch of scallions, sliced)
- > 2 bunches fresh arugula, trimmed and roughly chopped
- > ½ cup Greek extra virgin olive oil
- > 3 to 4 tbsp red wine vinegar
- > 1 cup crumbled Greek feta cheese or goat cheese (optional)
- 1. To large pot, add sweet potatoes and cover with 5cm cold water. Add salt and bring to boil over medium. Simmer for about 15 minutes or until fork-tender. Remove, cool slightly, peel, and cut into 4cm cubes. (Alternatively, roast, broil or grill cubed sweet potatoes.)
- 2. Transfer sweet potatoes to serving bowl. Add onion and arugula, then season with salt to taste. Add olive oil and vinegar, and toss to combine. Add cheese if using, toss again, and serve.
- \* Nutrition score per serving 277 calories, 19g fat (3g saturated), 25g carbs, 4g protein, 4.5g fibre, 53mg sodium



#### Eat Right Quick and Healthy



Pasta with Cauliflower

SERVES: 4

**COOK TIME: 40 MINUTES TOTAL TIME: 45 MINUTES** 

- > 1 large head of cauliflower, trimmed
- > 1 medium orange
- > 3 tbsp Greek extra virgin olive oil
- 2 large red onions, roughly chopped
- > 2 cloves garlic, minced
- > salt
- > black pepper
- > 6 sundried tomatoes in olive oil, chopped
- > ½ tsp ground cumin (plus more to taste)
- > ½ tsp ground turmeric

(plus more to taste)

- > ½ tsp curry powder (plus more to taste)
- > 2 sprigs fresh rosemary
- 450g wholewheat pasta, preferably tagliatelle
- > 4 tbsp ground walnuts
- 1. Cut cauliflower into half from crown to base. Place each half stem-side down and cut in half again. Slice into thin pieces (they should look like cross sections of florets). Wash well and drain.
- 2. Wash orange and cut into quarters, lengthwise. Then cut each quarter into small, 0.5cm-thick wedges.
- 3. In large, deep skillet over medium, heat olive oil and add onions. Cook, stirring, until wilted. Stir in garlic, add cauliflower

pieces, and toss to coat. Season with salt and pepper. Stir in orange, tomatoes, cumin, turmeric and curry powder. Add rosemary to pan, pour in half a cup of water, cover, and cook for about 25 minutes or until cauliflower is softened but still al dente.

- 4. Meanwhile, bring large pot of salted water to boil. Add pasta, cook until al dente and drain.
- 5. Add pasta to cauliflower pan and toss. Divide among four plates, garnish with ground walnuts and extra olive oil, if desired, and serve.
- \* Nutrition score per serving 630 calories, 17g fat (2g saturated), 109g carbs, 23g protein, 21g fibre, 88mg sodium 5

# Look Great





### PERSONAL SHOPPER

What a time and style saver for busy women! Threads Not Found (www.threadsnotfound.com) delivers personalised fashion packages based on such factors as your shape, lifestyle

habits, favourite style icon and preferred budget. Each contains an assortment of apparel and accessories that you can purchase to keep or return within three days. This locally-based company welcomes feedback so the packages can be specifically tailored to your liking. Super cool!



## HAIRFARE

A balanced diet is key to strong, glossy locks, says US-based dietitian Karen Ansel. Eat the following for a healthy mane and the chance to say "see ya" to dull, dry, brittle strands and bad hair days.

Edamame Since hair is made of proteins, getting enough of this macronutrient is crucial to growth, says Karen. Half a cup of shelled soya beans contains 11a.

Canola oil This is rich in omega-3 fatty acids to keep your scalp from getting dry, inflamed and flaky, which could

lead to hair loss. Splash a little on salad or use it for cooking.

**Oysters** Your body needs zinc to form keratin, one of the proteins that makes up your hair as well as your nails. Just one oyster packs a day's worth of zinc.

Beef stir-fry The iron in beef is necessary for producing haemoglobin, which your red blood cells use to transport oxygen to the hair follicles. "Without enough oxygen, your hair may start to thin," warns Karen.

## The Double-Braided Bun

Sliding headbands, ponytails that whip you in the face, buns that come undone... Unwieldy hair is a major workout buzzkill. We asked Nunzio Saviano, stylist and owner of Nunzio Saviano Salon in the US, to create an easy-to-do style that can withstand inversions during yoga, treadmill sprints, dance cardio, and everything in between. "It gets your hair out of your way, doesn't bounce, and is tight enough so it won't become undone mid-workout – but not too tight that it's distracting or uncomfortable," says Nunzio. Try this.

- 1 Slick hair into a tight low ponytail at the nape.
- 2 Create two braids from the ponytail and secure each one with a rubber band.
- \$ Roll one braid at the base of the ponytail and then roll the second in the opposite way, covering the first braid. Secure with pins and go!

### **Complexion perfector**

Made with antioxidant lycopene and a number of anti-inflammatory plant extracts like kudzu root, great burdock root and chamomile, **Derma-Rx Comedone Formula** (\$89) promises to gently clear your pores by "melting away" blackheads and whiteheads.

Make an appointment at the DRx Clinic (6733-1555) to find out if this is suitable for you.



The amount of women around the world who don't consider themselves beautiful. Time to start showing yourself some love!

SOURCE DOVE SELF-ESTEEM PROJECT





\*With 0.1 Super Absorbent Flexi Sheet

Super Absorb, Stays in Shape

Shape Maintain HoneyComb Emboss



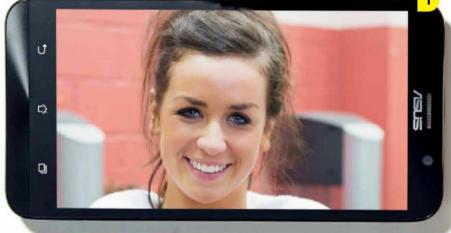




SofySingapore http://sofyclub.com/sg/en



Upgrade your #postworkoutselfie









2



TEXT DAWN CHEN PHOTO RAF WILLEMS/CORBIS

e your own fitspiration!
Capture the moment after
a hard-core gym sesh to
remember how good it felt. These
cameras and smartphones boast
inbuilt functions to help you take the
perfect selfie as you document your
way to a smashing bod.

**1 Asus Zenfone 2 ZE551ML** (from \$349, Challenger) **UNIQUE FUNCTION** A Blusher Effect perks up tired complexions.

**CAMERA** Five megapixels front-facing, and 13 megapixels back-facing camera. **WEIGHT** 170g

**2 Casio Exilim EX-TR60** (\$1,299, Harvey Norman) **UNIQUE FUNCTION** The multi-shot mode captures three images at a go.

CAMERA 11.1 megapixels WEIGHT 167g

**3 Samsung Galaxy S6 Edge 4G+** (from \$1,168) **UNIQUE FUNCTION** A wide-angled selfie mode. **CAMERA** Five megapixels front-facing, and 16 megapixels back-facing camera. **WEIGHT** 132g

#### 4 Sony Cyber-shot DSC-KW11 (\$999)

UNIQUE FUNCTION It has 10 shine eliminator levels – handy if you've a greasy T-zone.

CAMERA 19.2 megapixels

WEIGHT 1369

**5 LG G4** (from \$928, authorised retailers) **UNIQUE FUNCTIONS** A selfie flash and gesture-triggered timer. Simply turn your palm towards the camera and make a fist to automatically activate a three-second countdown timer. **CAMERA** Eight megapixels front-facing, and 16 megapixels back-facing camera. **WEIGHT** 155g

#### **WORKOUT GLAM**

CAN'T BEAR TO GO BARE, OR WANT TO GO STRAIGHT FROM WORK TO THE GYM WITHOUT REMOVING YOUR MAKEUP? THESE LONG-WEARING PRODUCTS ARE YOUR BEST FRIENDS.



**Lippie** A hybrid between a lipstick, lip gloss and lip tint, **The Face Shop Ink Lipquid** (\$17.90) stays on for up to 12 hours. The hydrating formula feels weightless, too.

Mascara The fibres in waterproof Majolica Majorca Lash Secret Long (\$25.90, Watsons) adhere perfectly to natural lashes to add length without weighing them down.

Eyeliner Tarte Lights, Camera, Lashes Closeup Lash Liner (\$28, Sephora) is made from natural waxes and enhanced with vitamins A and E. This gentle, waterproof eyeliner glides on smoothly and stays in place all day.

**Blusher** A few light swipes of the richly pigmented **Urban Decay Afterglow 8-Hour Powder Blush in Score** (\$39, Sephora) are all you need for a sexy, healthy flush.

Eyebrow pencil
Jose the pencil tip of your K-Palette Lasting 2 Way Eyebrow Pencil
Day Tattoo in 101 Light Brown (\$23.90, Sasa) to define the brows followed by the powder tip to create a natural finish. This is also sweat, sebum- and waterproof.

Eyeshadow Make Up For Ever Aqua Matic Waterproof Glide-On Eye Shadow in S52 Satiny Flesh Pink (\$35) won't smudge – even after an intense gym session.



FROM SELFIE-FRIENDLY DEVICES.

- SKIN SMOOTHNESS Typically available in different levels, this makes the complexion appear smoother and more flawless. Great for hiding that new zit on your nose.
- SKIN TONE ADJUSTMENT This brightens the skin. A useful feature if you took your photo in dim or harsh lighting. Also helps remove shadows on the face.
- FILTERS Like in Instagram, these create different effects and finishes, so your images resemble those shot on film and with Lomo or any other special camera.
- EYE-ENLARGING If you're curious to see how you'd look with bigger peepers, you'll enjoy this function.



ere's our challenge to you: Make one small change to your beauty routine each day from now. Trust us, these tweaks will make a world of difference without vou even realising it!

#### SKINCARE 1 Double cleanse skin

"Everyone should consider doing this daily, especially in the evenings, and even when you're not wearing makeup or sunscreen. Japanese women have been doing this for ages to get their skin really clean," says Pauline Ng, managing director of Porcelain, The Face Spa. The first round removes oilbased impurities, including sebum, sunscreen and makeup. For this, try hydrating Porcelain Revive Makeup Cleanser (\$55, Porcelain, The Face Spa) that's free of parabens

and sulphates. The second round involves

facial cleanser, like DCS **Aquaderm Super Aqua** Foam Cleanser (\$30.50, Watsons) with mineral-rich volcanic sea water from Jeju Island, to cast out impurities such as sweat, dirt and dead skin cells.

#### 2 Incorporate a preskincare treatment

After cleansing, it's a good idea to apply a treatment essence that nourishes and preps skin to receive the anti-ageing and hydration benefits of subsequent products, says Dr Geoff Genesky, head of Kiehl's Skin



Care Laboratory and the company's research and innovation manager. Try Kiehl's Iris Extract Activating Treatment Essence (\$72) that helps moisturise and enhance cell renewal.

#### 3 Get scrubbing

Use an exfoliator suitable for your skin. According to Dr Mary Lupo, dermatologist and clinical professor of dermatology at Tulane University School of Medicine in the US, those with dry or sensitive skin should stick to milder chemical exfoliants like

salicylic acid peels. If you have oilier skin, a mechanical exfoliation method, like using a scrub or cleansing brush works better.



#### 4 Banish dullness "Your skin faces a range of daily challenges - from the wrong

skincare to pollution, extreme weather and a poor diet. All make it sluggish and less effective at healthy cell renewal," says Dr Terry Loong, The Body Shop global skincare expert. Combat dullness with antioxidant-rich The Body Shop Vitamin C Glow Boosting Moisturiser (\$40.90).

This lightweight gel-cream also has an invigorating fragrance.



#### 5 Apply sunscreen

"Add one full teaspoon of broadspectrum sunscreen to your face and neck every morning - rain or shine," says Dr Eileen Tan, a dermatologist on Shape's advisory board.

This simple habit prevents sun-induced premature skin ageing. For quick and easy touch-ups, try L'Oreal Paris UV Perfect Aqua Essence City Face Mist SPF50+/PA++++ (\$24.90, leading pharmacies).



#### 6 Stop picking!

Leave that pimple alone! Resist the urge to pop it by pasting

Miacare Acne Patch for Day (\$4.50

for 12 pieces, Guardian) over the spot. Made from hydrocolloid dressing, this helps to absorb pus and reduce inflammation so the zit heals faster.



#### 7 Unclog those pores

Squeezing out blackheads is oddly satisfying, but it damages your skin! The CNP Laboratory Anti-

pore Black Head Clear Kit (\$14.10 for three sets, Guardian) comes with two masks - the first helps soften sebum, making impurities easier to remove, and the second helps soothe skin and tighten pores.



#### 8 Use a mask

It's perfect for targeting specific problems like dull or dehydrated skin. Lazybones

will appreciate Estee Lauder Nutritious Vitality8 Radiant Overnight Creme/Mask (\$106). Slap it on before bedtime twice weekly and wake up to skin that looks rested, renewed and radiant.



## 9 Refrigerate your eye cream

This helps to constrict blood vessels in the

undereye area in order to reduce swelling. Try Philosophy Renewed Hope in a Jar Eye (\$62, Sephora), an ultra soothing formula that hydrates, brightens, and retexturises eye area skin.



#### 10 Perk up skin

Keep a small bottle of hydrating facial mist in your bag and spray it over your face whenever you need to freshen up skin. Our pick: SK-II Mid-Day Miracle Essence (\$89)

with a high dose of the brand's trademark pitera. Cate Blanchett swears by it!

Liven up your locks with a new hair colour. It's oh-so-flattering and an easy way to change your look. It doesn't have to be drastic. "Even a hint of colour - think subtle highlights - can do wonders to enhance your features," says Eugene Ong, founder and managing director of Urban Hair by Ginrich.▶





Eugene advises lathering up shampoo between your palms before massaging it into the scalp. Start from the back of your head, where hair is thickest, and slowly work the mixture through to the front. Rinse thoroughly, then toweldry or wring out hair before applying conditioner to soften locks more effectively.



#### 13 Pamper those tresses A nourishing product like L'Oreal Paris Elseve

Extraordinary Oil Balm-Mask (\$19.90,

leading supermarkets) once or twice a week deep-conditions hair with a blend of six botanical oils that strengthens and gives it a glossy shine.

#### 14 Strengthen hair



Frequently styled hair needs **O&M Original** Mineral Project Sukuroi **Gold Smoothing Balm** 

(\$55, Sephora). This helps repair damaged strands with keratin, and softens with camelina and macadamia oil. To use, comb through damp hair and blow-dry to set.



#### *15 Eliminate split ends*

Ask your hairdresser for a dusting (a snip of about 0.5cm) if you're trying to grow your hair out. It will help get rid of split ends and keep locks healthy. Then follow up with Alterna

**Bamboo Smooth Kendi Oil Pure Treatment** Oil (\$38, Sephora) that helps fight frizz and tame split ends with its rich blend of amino acids and minerals.



#### 16 Don't neglect your nails'

Keep your tips in their best shape ever by massaging Depend Myrrh Oil (\$7.90, www.

dependcosmeticsg.com.sg) onto bare nails - or cuticles if you have polish on - daily. The formula is enriched with vitamin E and

almond oil to keep them strong and more resistant to chipping and breakage.

#### MAKFUP 17 Look flawless



Nobody wants a cakey base. Majolica Majorca Nude Make Gel (\$25.90, Watsons) is a feather-light gel foundation with light to medium coverage, and a dewy, satiny finish. One layer is enough to even out the skin tone and minimise pores.

#### *18 Paint your pout*

A hint of lip colour instantly brightens dull complexions. Pick a vibrant gloss like Fresh Sugar Tulip Shine Lip





Treatment (\$31). It improves suppleness and definition, and preserves moisture while adding a sheer, pigment-rich shine.

## 19 Up your brow game

Lush, full arches are hot. To ace the look, Kate Tokyo international makeup artist Mikiya Hirai suggests using brow powder to lightly shade the area along the bottom half of your eyebrow as a guide. Next, fill in sparse areas with an eyebrow pencil and finish by blending in powder to get natural-looking, full eyebrows. Kate Tokyo Lasting

Eyebrow W (FL) in BR-3 Natural Brown (\$23.50, Watsons) has a doubleended applicator to help you execute these steps with ease.

#### 20 Add sparkle

Jazz up your everyday image with a metallic eyeliner like M.A.C Cosmetics **Superslick Liquid Eyeliner in Pure Show** (\$35). Draw a thin, accent line over your usual black or brown eyeliner, suggests Beno Lim, senior artist at M.A.C Cosmetics Singapore. "The look is more wearable and appealing without eveshadow," he adds.

#### 21 Stay shine-free



Hot, humid weather usually means pores become overzealous with oil production. Combat

this by lightly dusting mattifying Laneige Satin Finish Loose Powder\_EX (\$52) across your T-zone and then the rest of your face. The finely-milled powder absorbs excess sebum and blurs imperfections while keeping your complexion looking smooth.

## 22 Eat this, not that

Load up on foods high in vitamin C and linoleic acid, and cut back on dessert. Consuming too much sugar can damage elastin and collagen molecules through a process known as glycation, leading to wrinkles and sagging skin. Dr Cheong Wai Kwong, a consultant dermatologist on Shape's advisory board, suggests filling your plate with antioxidant-rich food like carrots, blue berries, tomatoes, green leafy vegetables and salmon.

#### 23 Whiten teeth naturally

An easy trick to lighten vellowish teeth: Mash some strawberries into a paste, rub it over teeth and leave it on

for five minutes before brushing normally, says Dr Ronnie Yap, cosmetic dentist and clinical director at Orchard Scotts Dental. Strawberries contain malic acid that help reduce stains.



## 24 Hit the sack

Beauty sleep is real. At night, cells work harder

to repair themselves, so give them a chance to do so by going to bed early. A study published in Sleep also shows that a lack of shut-eye results in droopier eyelids, swollen and redder eyes, more wrinkles and fine lines, as well as dark circles.

#### 25 Head to the gym

Get your heart pumping - it's good for your body, and great for your skin! According to Dr Cheong, "Some studies suggest that high intensity exercise can increase human growth hormone levels, which are linked to anti-ageing benefits like reduced wrinkles and sagging skin."



#### 26 Drink up

Downing more water is a good idea, especially if you want a healthy, radiant complexion. "Adequate skin hydration helps to maintain suppleness, and reduces the appearance of fine lines," says

Dr Tan, who recommends drinking seven to eight glasses each day.

#### **27 Floss**

"Floss the teeth you want to keep," says Dr Yap. And that's all of them! Make it a habit to floss before brushing as this helps remove surface plaque and bacteria, and allows fluoride from toothpaste to be better absorbed during brushing.

#### 28 Chill out

Stress wreaks all sorts of havoc on the body. In particular, it can make inflammatory skin conditions like acne, psoriasis and rosacea worse, says US-based dermatologist Dr Richard Granstein. He notes that in a Japanese study, stressed mice developed a rash similar to the inflammatory skin condition atopic dermatitis, while those that were not exposed to stress did not develop the rash. Keep your cool with relaxing daily activities like yoga or brisk walks. [3]

## Look Great





## Look Great





## Look Great





## Spotlight



#### **UV HELP IN A HURRY**

For maximum sun protection, you should reapply sunscreen, especially when you've been swimming or perspiring a lot.

Try Biore UV Perfect Spray SPF 50+/PA++++. Something you can easily tote about, the waterproof formula absorbs sebum and leaves skin smooth, shine-free and protected.

Priced at \$9.90 from leading pharmacies, hypermarkets, supermarkets, department stores and selected mini-marts from July.

#### COOL SIPS

Yeo's wide range of Asian drinks – Chrysanthemum, Wintermelon and Snow Pear Teas, plus Lemon Barley, Lychee and Sugar Cane – will no doubt go well with any of the local dishes being served at the Singapore Food Festival this month.

Light and refreshing, they go well with dishes like laksa, chicken rice and char kway teow.

Available at major supermarkets and convenience stores.





#### PERIOD PROTECTION

Some sanitary pads are said to have a substance in their adhesive that tends to cling to panties and encourage unhygienic bacterial growth, which could lead to gynaecological problems.

The solution? Wear UUcare's sanitary panty with your pad. Its layered crotch and positioning lines are said to help reduce friction against the thighs from the pad's wings. Also, the gathered design keeps the pad in place and prevents leakage.

Priced at \$29.90 from Guardian and Cold Storage.

#### WEIGHT WATCH

To achieve your desired shape, you need to have an effective weight-loss plan. This should include a balanced diet, a tailored workout regimen, and advice from your doctor.



You may also want to consider trying Glow Bodyactive's newly enhanced formula in capsules. It contains the patented Svetol as well as raspberry ketones and garcinia cambogia that are said to regulate metabolism, tone the body and enhance post-workout recovery.

However, before you reach for a bottle, you should consult with your doctor about whether it's suitable for you.

Priced at \$99 for 60 capsules from Guardian, Watsons, Unity, Sasa, John Little and Robinsons.









#### OCCASIONAL TREAT

What makes potato chips irresistible? They are light, crunchy, delicately salted and well seasoned. New to the snack market is Treatz in a variety of flavours, like Original, Cheese, Wasabi, Lime & Black Pepper.

Priced at \$3.20 from major supermarkets, the fun packaging is hard to miss.



#### **WORKOUT BUDDY**

There are many perks to having an exercise partner. She can monitor your activity levels, check your progress, and keep you on the right track.

If you don't have one, meet the Polar A300. Its goal is to get you moving with the objective of burning calories. For example, if you've been sitting still for far too long, it will vibrate to remind you to move about.

Priced at \$259 and \$339 (with heart rate sensor) from Challenger, Courts, Digital Style, Harvey Norman, Newstead Technologies, Royal Sporting House and Running Lab.

#### RUN LIKE THE WIND

When it comes to maximising your performance, what you're wearing is just as important as your shoes.

Serious runners swear by compression apparel, like the X-Bionic Effektor Power shirt and pants (short) for men and women.

They're made with Partial Kompression that helps improve muscular work and keep you as cool as possible, thanks to the dispersal of pressure across the ridges. It also supports circulation and helps maintain your body temperature at 37 deg C.

Priced at \$185.90 (shirt) and \$171.90 (pants) from selected World of Sports stores.





#### LIQUID ENERGY

It's important to replenish lost fluids after an intensive run or workout. Dehydration can lead to fatique and exhaustion.

An isotonic beverage like H-Two-O is especially helpful as it replaces lost minerals and electrolytes that keep you in top form for optimal performance.

Available at supermarkets and convenience stores.



#### NO LEAKS

To stop menstruation from disrupting your daily routine, the sanitary pad you wear is key.

It should be thin and ultra absorbent, like the Sofy Extra Dry Skin Comfort Ultra Slim with wings, which comes in 23cm, 26cm and 29cm sizes. All come with an extra top sheet to keep you dry – even on heavy-flow days.

Available at major supermarkets and pharmacies.





#### LEARN FROM THE MASTERS

Here's your chance to really get into traditional Ashtanga yoga! True Yoga is hosting Ashtanga Yoga Intensive with 100 hours worth of sessions from Jan 4 to 16 next year.

The course involving this vigorous, athletic style of yoga will be conducted by world-renowned Ashtanga teachers, Kino MacGregor and Tim Feldmann.

Both enthuasists and aspiring teachers can do this course. Afterwards, you will receive a Certificate of Completion. If you're an aspiring teacher, the hours completed can be added to True Yoga's 300 hours for Advanced Yoga Teacher Training (Yoga Alliance) certification.

Sign up before Sept 30 to enjoy the early bird price of \$2,195 (UP \$2,395). The course will be held at True Yoga, Ocean Financial Centre (Level 4) in Collyer Quay. Visit www.trueyoga.com.sg or e-mail retailrp@trueyoga.com.sg for details.



## **BEST PRACTICE**

It's not common to mention yoga and running in the same breath, but some elements of yoga, like controlling your breathing and striking various poses, can help develop your endurance and flexibility. Both are vital to performing well in a sport like long-distance running.

Without complementary workouts like yoga in your regime, you may end up straining your back, joints and feet while running.

Yoga helps you achieve balance

and allows your body to condition itself before and after a run. The stretches and poses build your core, foot and muscle strength for faster and more efficient sprints.

These have also been found to help runners lessen their chances of injury. But that's not all. Controlled breathing in yoga also increases lung capacity thereby giving runners greater endurance.

With regular practice of yoga, you can also become leaner as well as fitter.

The first 120 readers to present this page at True Yoga will enjoy a complimentary yoga class worth \$38\*. Valid until July 31, 2015.

True Yoga is located at:
• Pacific Plaza, Level 4,
9 Scotts Road, tel: 6733-9555

 Ocean Financial Centre, Level 4, 10 Collyer Quay, tel: 6536-3390

For more information, please visit www.trueyoga.com.sg or call centres.

\*Terms and conditions:
For first-time visitors aged 18 and above only.
Limited to one class per reader. Photo ID must be presented with this page. A reservation is required Failure to cancel or attend the class means the session is forfeited.



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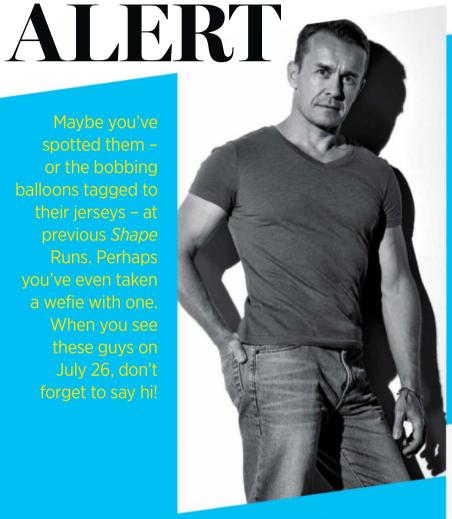
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## MEET SOME OF OUR HUNKIEST SHAPE RUN 2015 PACERS.

spotted them or the bobbing previous Shape Runs. Perhaps



## Zac Chen

for it. He ran fast for the first 10km, and then limped his way to made me realise that I wanteed to do the same for others.' This is Zac's first time as a Shape Run pacer. I enjoy running because... It's me-time, plus I can do it anytime, anywhere. My best advice to a first-time runner is... Tackle the race one kilometre at a

In 2011, Zac took part in the Penang half marathon without training

time. Focus on short-term achievements like the next water point!

## ← Nicolas Renaud

The French native only started running years ago, "It's a little weird, but the fact that it's so hot here made me want to get outdoors more," says the affable 45-year-old.

The best part about running is... through a run. It's like entering nirvana super confident and good about myself. tough, I'd say to myself: "Hmm, I've really got to train more." (laughs) My favourite place to run is... On a trail - rain or shine. I grew up in the getting wet or muddy.

My best advice to a first-time runner Start slow. Save your energy for the last 2km to 3km and sail past lots of people at the end!





## → David Wee

The 37-year-old might look tough, but he is really a softie, who can never resist stroking and cuddling stray animals. "Many people tell me I've got a pretty intense I enjoy running because... It's very But I dislike running when... The weather is killer. Or whenever there's a slope. Men who run are... Disciplined and have The first thing I notice about a female runner Is... The energy and positivity My best advice to a first-time runner is... Never skip your breakfast pre-race. And don't be too adventurous with your food!



## **†Zhuo Wen Zhao**

An avid canoeist, the 31-year-old's workout schedule is pretty packed: twice-weekly runs, thrice-weekly professed geek – can be found in the history section of the library. also good for zoning out. longer... (laughs) faster than me. My best advice to a first-time lose momentum, it's hard to get



## **← Nelson Wong**

Did Superman or Captain America zoom might just have been 31-year-old Nelson, racers' spirits high. A passionate runner himself, Nelson usually clocks up two full marathons and five to six half-

Irun... Three to four times a week, and at least 10km each time.

Running is most enjoyable with... Likeminded, positive individuals.

Men who run are... Better than men who

Women who run are... Awesome. Fit is the new sexy.

#### My best advice to a first-time runner

Is... Focus on your goal and imagine the feeling of crossing the finishing line. completing the race will last.

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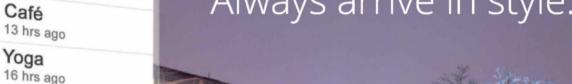
#01-73 Kallang Wave Mall (6702-2101)







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